

Supporting Others

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Supporting others



The Caregivers' Guide to Anxiety

An Anxiety UK Self help guide

[The caregivers guide to anxiety \(instant download\)](#)

£3.99

Written by our CEO Nicky, the guide is the first of its kind in the UK, and offers information and advice to individuals supporting those with an anxiety disorder. It contains practical tips and methods to enable caregivers to provide support in a way that is beneficial to both the person with anxiety, as well as the caregiver.

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Signs your friend/loved one is experiencing anxiety

They don't feel well

Anxiety causes various unpleasant physical symptoms. Your friend might frequently complain of having chest pains or a racing heart. They might often feel sick and have no appetite, or always seem tired.

Something seems wrong.

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They become more negative.

This might involve focusing on the worst-case scenarios and obsessing over potential problems or situations that haven't happened yet. As anxious-based thoughts are irrational, simply explaining that their thoughts are unfounded won't always reassure them.

So, what can you do? Here are a few simple things that could help someone living with anxiety, stress or anxiety-based depression:

Be reliable

It can make a world of difference to your friend or loved one if they know that they have someone they

can depend on. Letting them know that you're always there if they need you can be very reassuring.

Ask them how you can help

Anxiety conditions can affect different people in very different ways. What is helpful for some people might not be for others, so it's important to ask what you can do rather than simply giving advice. Some people might not be able to tell you how you can help, but it's good to allow them to try.

Encourage them to try new things

This can act as a great distraction. Is there an art class that they've always wanted to try or maybe something that they've never thought about? The great thing about this is that it could be something that you could do together.

Don't only focus on anxiety

While it's important for people to feel able to open up about anxiety, try to make sure that this isn't the only thing that your relationship focuses on. Remind them that anxiety doesn't define a person; they are much more than anxiety. Encourage them to do things that they enjoy, such as exercising, spending time outdoors and socialising.

Encourage them to explore support

There are various support options available, and different ones can work better for different people. Whether it's self-help resources, support groups or accessing discounted therapy through Anxiety UK, the most important thing is that they know that there's help available – and they just need to find out what works best for them.

Encourage them to take daily exercise

Exercise can have a huge impact on someone's mental well-being. Whether it's walking, running or joining a local sports team, this is something that you can do together, with both of you feeling the benefits. So put on those trainers and encourage them to do the same!