



**Q1 PRESS HIGHLIGHTS**  
**01/01/2019 – 31/03/2019**

## Overcoming your fear of needles



"Common symptoms of needle phobia are feeling anxious, tense and panicky at the thought of seeing an injection or syringe," explains Nicky Lidbetter, CEO of Anxiety UK. "Other symptoms can include: recurrent nightmares about injections and needles; avoiding medical contact for fear of being confronted with a needle or syringe; and avoiding places associated with needles and injections."

She adds that the anticipatory anxiety is often the worst part. In other words, the run-up to your injection may be more anxiety-inducing than the actual procedure.

"For many children, an injection can be a frightening experience as they are unsure of what is happening to them," she says. "They are often faced with a doctor, who is seen as a stranger, inflicting pain that is allowed by a parent or guardian. This can understandably be very stressful and confusing and can result in a lasting phobia of needles."

Other people, she says, recall a significant adult in their lives who was also needle phobic. This may imply that the phobia is a learned behaviour, but it can be genetic in origin too.

# Is Sound Meditation The Answer To Your Anxiety?

BRYONY STONE

29 JANUARY 2019, 07:20



CEO of Anxiety UK, Nicky Lidbetter adds: "There is no specific profile for someone who suffers anxiety; it can affect many people at different stages of their lives. Often, people can develop anxiety after dealing with a prolonged period of 'stress' which may include a demanding job, relationship problems or money troubles. For other people who have anxiety there is no specific trigger."

## *More than just a fear of open spaces: What is agoraphobia and how is it treated?*

### **A complex condition**

In its essence, agoraphobia is a fear of being in situations where escape might be difficult and help wouldn't be available if things go wrong – but this can look different for different people.

“It has a wide definition and includes many different fears, such as open spaces, crowded places and being alone,” says Nicky Lidbetter, CEO of Anxiety UK ([anxietyuk.org.uk](http://anxietyuk.org.uk)), who explains that the term ‘agoraphobia’ refers to an interrelated cluster of phobias.

“Most often, a person with agoraphobia is afraid of having panicky feelings, wherever these may occur.

### **Help is out there**

“If you’ve already started to avoid places, the most appropriate form of therapy is something called ‘graded exposure therapy’, or ‘systematic desensitisation,’” says Lidbetter. “This process involves gradually re-entering phobic situations and learning to cope with anxiety and panic as it occurs, and not moving up the hierarchy of feared situations until the anxiety experienced at each step has dissipated.

### **Panic attacks**



Agoraphobia usually develops as a complication of panic disorder (Thinkstock/PA)

When a person with agoraphobia encounters a situation they don't feel comfortable with, they'll usually experience symptoms of a panic attack, such as a rapid heartbeat, shortness of breath, shaky limbs, feeling hot and sweaty and nauseous.

Once a panic attack has happened, Lidbetter says avoidance is often the key characteristic of agoraphobia – whereby the individual concerned starts to consciously avoid any situation that resembles where they first had a panic attack.

“At its worst, agoraphobia can prevent individuals from leaving a room, rendering them effectively room-bound,” says Lidbetter. “Others who suffer with milder versions of agoraphobia may appear to be functioning fairly normally to the outsider, when they are actually coping by avoiding potentially fearful situations such as travel further afield.

## Dermatillomania: meet the people who can't stop skin picking

The disorder can be physically and mentally damaging, but it is widely misunderstood - and underreported by embarrassed patients



▲ The psychologist Fred Penzel says the condition 'should be taken very seriously'. Composite: Alamy/Guardian design team

*'If you are affected by any of the issues raised in this article, contact [Anxiety UK's national Infoline service](#) on 03444 775 774.'* – Despite not being heavily featured in this article we did receive many phone calls and emails in response to this Guardian piece.

# Best supplements for anxiety: Lavender oil has same effect as prescription drugs in trials

**BEST SUPPLEMENTS:** Clinical trials of lavender oil have shown it may be as effective as common prescription drugs in treating patients with anxiety.



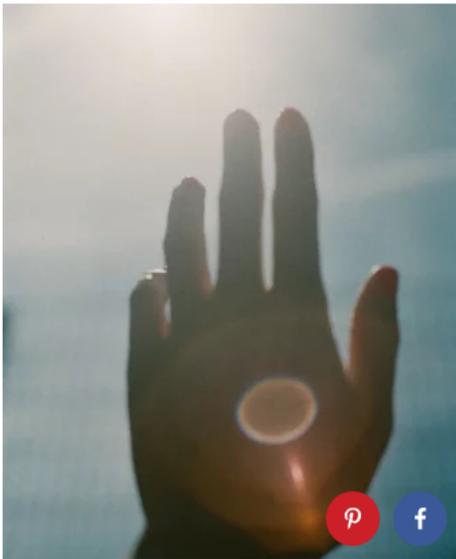
According to charity Anxiety UK, one in five people experience anxiety on a regular basis. Feeling anxious can be a normal response to things like exams, interviews or medical tests, but for some people it can be a long-term condition that affects their daily lives.

“Anxiety is one of the most prevalent mental health conditions in the UK - one in five people report feeling anxious a lot or all of the time; and more than 45 million working days have been lost due to anxiety (combined with depression and stress) in the past three years,” said Nicky Lidbetter, CEO of Anxiety UK.

“We welcome a range of treatment and support options, including Kalms Lavender One-a-Day capsules and other non-prescription options such as talking therapies.”

# Brexit Anxiety: Don't Worry, You're Not The Only One Who Has It

NATALIE GIL  
25 MARCH 2019, 13:50



It's the uncertainty of what's to come – particularly with Brexit Day now having been pushed back – that's contributing to a large proportion of people's struggles – and social media speculation doesn't help, a spokesperson for the mental health charity [Anxiety UK](#) told Refinery29. "Often, it is a fear of the unknown and not being in control that creates a feeling of panic and anxiety around certain issues for people who already have anxiety. As the outcome of Brexit is still unknown and may continue to change for some time, this could cause worry and anxiety in those predisposed to – or already affected by – anxiety."

# Press Links

Patient.co.uk

[\*Overcoming your fear of Needles\*](#)

Refinery 29

[Is Sound Meditation the answer to your anxiety?](#)

Press Association

[More than just a fear of open spaces: What is Agoraphobia and how is it treated?](#)

The Guardian

[Dermatillomania: Meet the people who cant stop skin picking](#)

Daily Express

[Best Supplements for Anxiety: Lavender Oil has the same effect as prescription drugs in trials](#)

*Refinery 29*

[Brexit Anxiety: Don't Worry, you're not alone](#)

*35 Media Requests this quarter*

