



Q2 PRESS HIGHLIGHTS

1/04/19 – 30/06/19

6 best dog breeds for owners with anxiety

Which dogs are best for an anxious owner? For Mental Health Awareness Week, Country Living explores...



Country Living speaks to Nicky Lidbetter, CEO of [Anxiety UK](#), to get a breakdown of advice.

Remember... It is important to remember that anxiety and its triggers are different for every individual and what works well for one person might have quite the opposite effect for another. When reading the below, think about what works for you and your anxiety triggers.

How does having a dog benefit someone with anxiety?

"Pets can have a positive effect on emotional wellbeing and this can make a huge difference for a person experiencing anxiety. Dogs have a calming and cathartic effect on humans; they offer unconditional love, companionship, distraction and a sense of responsibility; all reasons why dogs are a perfect alternative treatment for anxiety," Nicky tells *Country Living*.

Is Anxiety Hereditary? Experts Are Still Searching For A Definitive Answer

By [LAUREN SHARKEY](#) | 2 months ago | [f](#)



Trinette Reed/Stocksy

"Genetic factors are probably important in the personality dimension of anxiety-proneness (sometimes called 'neuroticism') which places people at higher risk of various anxiety disorders," says David Baldwin, professor of psychiatry and head of mental health at the University of Southampton's faculty of medicine. "This may explain why a family might have members with differing conditions such as panic disorder and obsessive compulsive disorder."

But Baldwin, who is also a clinical advisor for the Anxiety UK charity, adds that other causes of anxiety in later life "such as adverse experiences in childhood and adolescence" are also important. "In most patients, a range of familial, developmental, and environmental factors have contributed to anxiety," he concludes.

Lifestyle

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A guide to the therapeutic and healing effects of acupuncture

GEORGIA CHAMBERS | Monday 29 April 2019 08:41 | [1 comment](#)



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Mental health charity Anxiety UK, for example, offers an acupuncture service to its members.

"While the number of people who accessed this service to date is small, the results have been positive," said Nicky Lidbetter, CEO of Anxiety UK.

He added: "We know anecdotally that many people find complementary therapies used to support conventional care can provide enormous benefit, although it should be remembered they are used in addition and not instead of seeking medical advice from a doctor."

PARENTS 01/05/2019 06:00 BST | Updated 01/05/2019 13:46 BST

I Have A Phobia Of Spiders – Does That Mean My Kids Will Too?

I've managed to keep my irrational fears hidden – for now.



By Victoria Richards



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Phobias are classified as an anxiety disorder, Anxiety UK tells HuffPost UK, and therefore a mental health issue, which can cause “significant anxiety, stress and panic”. For this reason, people with phobias often enter into a pattern of avoidance, which can vary in severity – from avoiding touching an object, to being unable to even contemplate looking at a picture of one.

So, are phobias passed on to our kids? “It is possible for phobias to be passed from parent to child,” the charity says. “As children, we are led to believe that our parents, guardians and other significant adults know best and therefore if they express phobic and avoidance behaviours, we accept that there must be a rational reason for this, and subconsciously learn to be afraid too.”

How to handle new-job anxiety

We got some expert advice on how to handle new-job anxiety



Nicky Lidbetter, Anxiety UK CEO: To make this transition as smooth as possible it is important to be organised and to allow yourself plenty of time to ensure any paperwork is completed. It can be helpful to make a list of all the things that need to be done before starting a new job so that you can be sure to allocate sufficient time to complete each task.

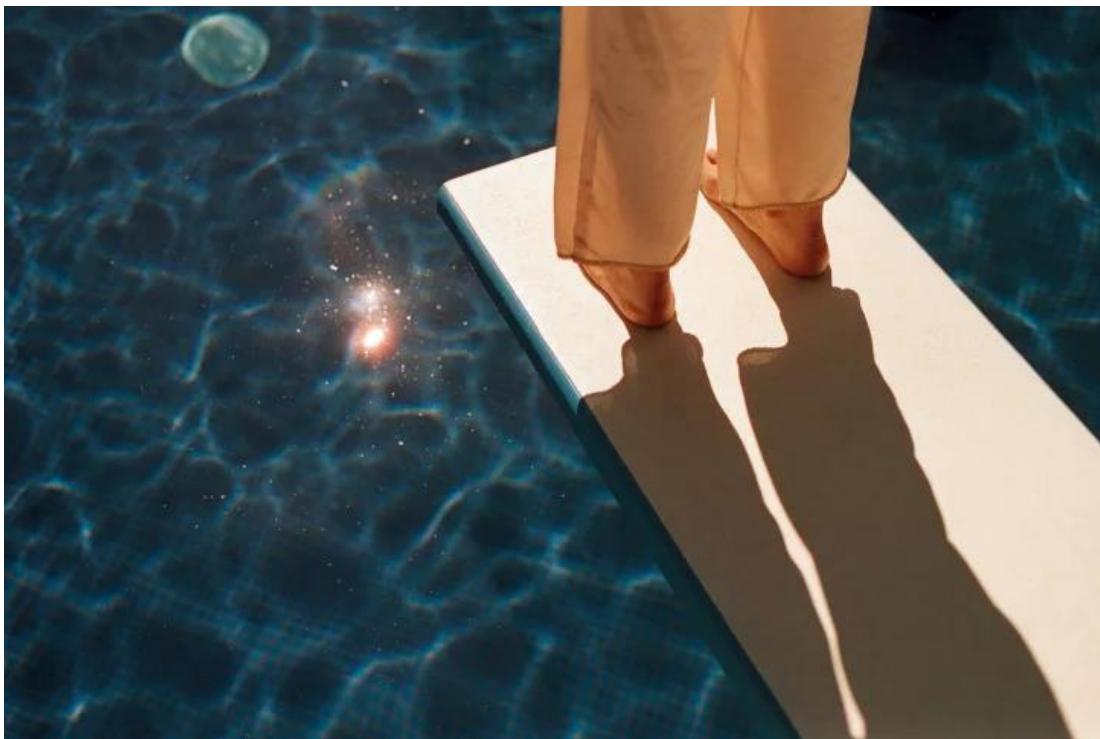


Nicky Lidbetter: It is important to reassure yourself that feelings of anxiety will pass and it is normal to feel nervous on your first day. It can also be reassuring to remember that the first day of a new job can be very busy, which can be helpful as it can serve as a distraction from feelings of anxiety. However, if you do find yourself feeling particularly anxious on the first day at work, practising deep breathing can help to reduce these feelings.

How I Stopped My Social Anxiety From Messing Up My Career

AMBER BRYCE

20 MAY 2019, 7:25



Being transparent with your company early on is the key, Nicky Lidbetter, the CEO of Anxiety UK tells me. "Employers often have Employee Assistance Programmes (EAPs) in place for their staff, which give access to a range of wellbeing support services including talking therapies."

If telling your boss feels impossible, finding a colleague you're comfortable with is another option. "A friendly, supportive ear can play a vital role in giving the person confidence to approach their employer," says Nicky.

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