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Health

Coronavirus: What is anxiety and how can I get help?

By Philippa Roxby
Health reporter

8 September 2020

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Anxiety is one of the most common mental health problems experienced in the UK.

Dramatic changes in all our lives during the past six months have increased anxiety levels, and a new study suggests parents are particularly worried about the wellbeing of their children.

So what does anxiety feel like and how do you overcome it?

What is anxiety?

It's more than just feeling stressed or worried. These are natural reactions we all feel at some stage, and they can be a good thing.

But constant anxiety feels like fear which doesn't go away, and if it becomes too intense it can take over your life and stop you doing normal everyday things.

Top Stories

Trump and Melania test positive for coronavirus

The US president and Melania Trump were tested after his close aide was confirmed to have Covid-19.

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1 October 2020

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BBC News website Nicky Lidbetter CEO Anxiety UK quoted
8th Sept 2020

How To Know When It's Time To Seek Help For Your Anxiety

With new Covid-19 restrictions potentially lasting six months, many people are struggling. So what can you do?

By **Angela Hui**

23/09/2020 06:00am BST | Updated September 23, 2020



THOMAS TOLSTRUP VIA GETTY IMAGES

Feeling anxious at times is normal, but when doubled with [coronavirus](#) news, it's enough to send anyone's [fear, dread, and worry](#) levels skyrocketing.

The effects of the pandemic, new [lockdown restrictions, and curfews](#) may have led to increased anxiety and [panic attacks](#) among Brits. So what can you do about your coronavirus anxiety?

The world might seem like a confusing and isolating place, but there's plenty of support and resources helping you to deal with anxiety – and it's important to have those strategies and toolkits at hand.

“Surround yourself with your support network and find your rock. If you don't have anyone, there are organisations like ourselves out there and local peer support self-help groups,” Dave Smithson, from [Anxiety UK](#), tells HuffPost UK. “Talking to people and sharing your thoughts and feelings with others in similar situations can be really supportive. They understand what you're going through and what you're dealing with because they're in the same boat.”



TRENDING



The Trumps Have Coronavirus. Here's What Happens Now



Huffington Post Ops Director Dave Smithson quoted
23rd Sept 2020

Press Links & Broadcast interviews

BBC News

<https://www.bbc.co.uk/news/health-54013718>

HuffPost

https://www.huffingtonpost.co.uk/entry/seek-anxiety-help_uk_5f6871e8c5b6b9795b13a703?guccounter=2

BBC radio interviews re post lockdown anxiety
3rd July – series of live interviews with Ops Director,
Dave Smithson
BBC Cambridge
BBC Berkshire
BBC Hereford & Worcester
BBC Cornwall
BBC Lancashire
BBC Radio Solent

BBC Radio West Midlands
21st Sept – live radio interview with Ops Director,
Dave Smithson

8 Media Requests this quarter

