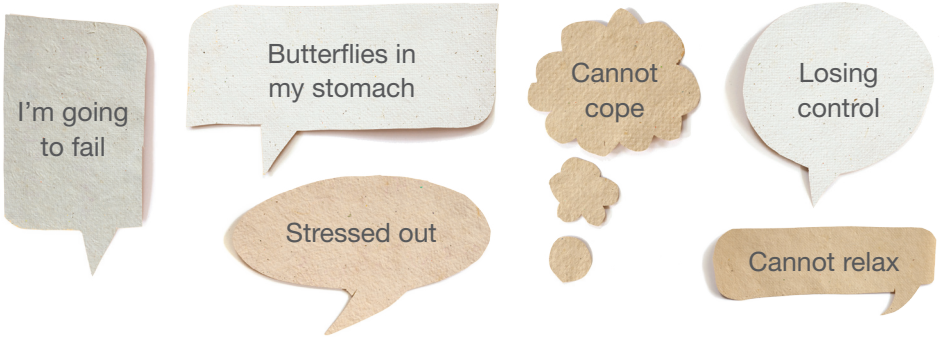


# Anxiety Begone!



The Department of Psychiatry helps patients cope with psychological problems, behavioural disorders and life's stressors. We assess psychiatric and psychological conditions ranging from depression, bipolar disorder, anxiety disorder, adjustment and stress-related problems, sleep problems, psychosis and geriatric psychiatry. We also work with mental health service providers to provide a comprehensive integrated multi-disciplinary service to patients.

# What is anxiety?



Sound familiar? These are words we use when we are stressed out or upset. Anxiety is common and everyone experiences it once in a while. It feels like fear and at times, worry. Other times, it is referred to as a 'fight or flight' response as the body prepares to "act" or "flee" when it senses danger. We feel anxious when we are frightened or threatened. Common scenarios include sitting for an examination, undergoing an operation or making a presentation.

Anxiety is not always a bad thing.

A little anxiety can help to improve performance and manage emergencies better.

However, when it starts to cause discomfort or affect daily life, anxiety needs to be treated.

## Do I suffer from anxiety?

It is possible to suffer from anxiety and not know it. People often mistake anxiety for something physical as it affects the way they think, feel, behave and how their body works.

After identifying where the problem is, the next step is to gain control and overcome it.



# Symptoms of an anxiety attack

- Your muscles tense up
- Your heart beats faster
- You breathe faster
- You perspire
- Your mouth feels like it's stuffed with cotton wool
- You feel like there are "butterflies in your stomach"



Mind	Body
Feeling worried all the time	Fast or irregular heartbeat (palpitations)
Feeling tired	Sweating
Unable to concentrate	Face goes pale
Feeling irritable	Dry mouth
Sleeping badly	Muscle tension and pains
Feeling depressed	Trembling, numbness or tingling sensation in fingers, toes or lips, breathing fast, dizziness, faintness, indigestion, passing water frequently, nausea, stomach cramps, diarrhoea

## After an attack

You gradually start to calm down, but your body still feels weak and shaky. In cases where anxiety persists, you may even start to spin out of control and feel suicidal.

## Treating anxiety

- **Talking treatments**

Speaking to someone about your feelings can help you cope with anxiety.

- **Behavioural Therapy**

This method makes use of techniques such as diaphragmatic breathing and exposure to frightening scenarios to manage anxiety.

- **Cognitive Behavioural Therapy (CBT)**

This method helps you understand why you think the way you do and the factors that cause/worsen anxiety. CBT treatments can be conducted individually or in a group, and last between a few weeks to several months.

- **Medications**

Anti-depressants help to manage anxiety and takes between two to four weeks to work.



## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

[www.juronghealth.com.sg](http://www.juronghealth.com.sg)

### Clinical and appointment line hours (closed on Sundays and public holidays)

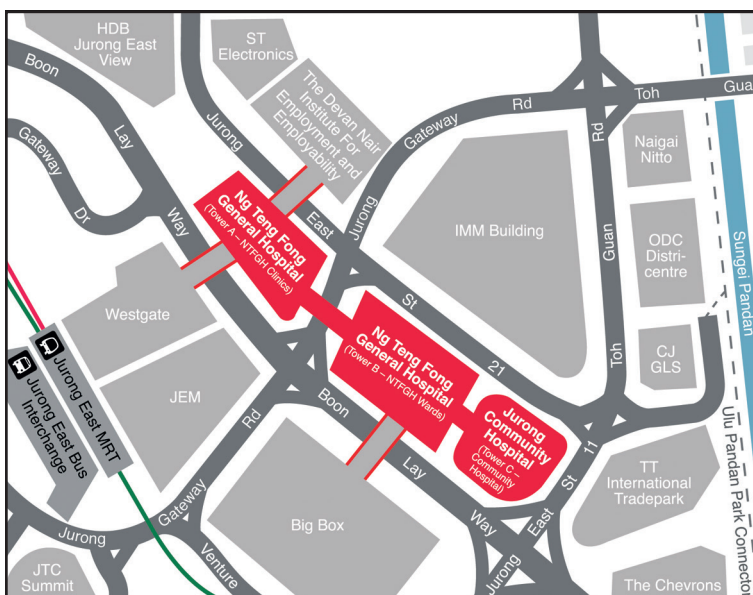
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

## Getting there



### By train

Jurong East MRT Station

### By bus

#### From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

#### Along Boon Lay Way

SBS 99, Private bus service 625

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.