

What is Anxiety?

Anxiety is actually a perfectly normal human state, and despite its presence in the headlines as a major player in the mental ill-health of many people, it actually has its uses!

At moderate levels of anxiety, a person's performance and attention to detail can improve. However, it becomes a problem when the feelings become more intense, last for a long time and begin to negatively impact on how well you can do things, your enjoyment of things and family life.

In general, stress and fear are seen as responses to specific, external factors, whereas anxiety is often internal and is usually concerned with what could or might happen.

Where to Find Help?

- [Anxiety in Children \(NHS\)](#)
- [Anxiety and Panic Attacks \(Mind\)](#)
- [Helping your Child with Anxiety \(Young Minds\)](#)