

Can Clarity help you?

Assess your own needs for Clarity CBT by completing the questions below. They are about you and how you have been feeling in the last week;

	Y	N
I was aware of dryness in my mouth	<input type="radio"/>	<input type="radio"/>
I experienced some difficulty breathing	<input type="radio"/>	<input type="radio"/>
I had feelings of shakiness, fainting or trembling	<input type="radio"/>	<input type="radio"/>
I had difficulty swallowing	<input type="radio"/>	<input type="radio"/>
I felt scared without any good reason	<input type="radio"/>	<input type="radio"/>
I felt I was close to panic	<input type="radio"/>	<input type="radio"/>
I felt terrified	<input type="radio"/>	<input type="radio"/>
I was worried about situations which I might panic and make a fool of myself	<input type="radio"/>	<input type="radio"/>

For a full version of the questionnaire or for more information about Clarity CBT approach to overcoming anxiety, please visit our website: www.clarityinsight.co.uk

Working in partnership with Clarity CBT

Clarity sets high standards in CBT offering specialist short courses or long term support for sufferers of anxiety. Clarity CBT is tailored for each person based on their unique problems and objectives.

There is no need to wait for help as initial assessments for Clarity CBT are available within a week without referral from a health professional.

The first step is a thorough initial assessment which helps to clarify issues and objectives. During an assessment, you will see how CBT works and set goals for therapy.

It is also an opportunity for you to ask questions and for us to ensure we provide the "right fit" of therapy for your unique needs.

www.clarityinsight.co.uk

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Cognitive Behavioural Therapy

A summary of our approach to anxiety:

We believe that what we think, good or bad, affects our feelings and influences our behaviour. For example, when you are anxious you might:

Think:	It will all go wrong and I won't be able to cope
Feel:	Nervous, tense, anxious and fearful
Behave:	Become withdrawn and avoid the problem

That these unpleasant or "vicious" cycles cause us to feel stuck, helpless and hopeless, making our thinking critical and negative.

Clarity CBT helps a person modify and re-balance unhelpful thinking, substituting more reasonable alternatives that lead to positive changes in feelings and behaviours.

In collaboration with an experienced Clarity CBT therapist you will learn about the causes of your unhelpful thoughts and behaviours, examine the evidence that supports or contradicts them, and together learn alternative ways to cope with anxiety.

With Clarity CBT you will gain a series of strategies, tools, and coping mechanisms that you can "take away," using them whenever the need arises

For more information on Clarity CBT, visit our website:

www.clarityinsight.co.uk

or call **01242 224120** to request the Clarity Guide to CBT, or to book an assessment.

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Our Business Mission and Values

"To help our client's effect and maintain lasting change by gaining the understanding and strength needed to deal with issues and achieve meaningful objectives in life"

Client:

Clients come first: their interests will be at the centre of all our activities

Individual:

We will treat everyone as an individual, offering them dignity and respect

Excellence:

We will constantly strive for excellent performance in all that we do

Teamwork:

We will work collaboratively, enthusiastically and supportively as a team

Integrity:

We will be open, honest, and transparent in all our dealings with one another

Good Citizens:

We will always work with the benefits of our community in mind

clarity™

cognitive behavioural therapy

THE CLARITY GUIDE TO Anxiety



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What is anxiety?

Anxiety and fear are normal healthy reactions that happen to everyone at times of danger or stress. Anxiety is a natural response and helps us prepare for threat. It acts as a trigger for our bodies to release adrenaline, a chemical that makes the body work harder and faster. This is a normal response designed to get us ready to respond to the danger by fighting back or running away, the “fight or flight” response.

What are the common signs of anxiety?

Thinking	Emotions	Behaviours
Focused on problems & weaknesses	Feeling confused & under pressure	Avoiding or withdrawing from normal situations
Making the problem bigger	Difficulty concentrating or making decisions	Problems with sleep
Imagining catastrophic results	Feeling useless, irritable & bad about self	Increase in personal habits such as drinking
Being unable to cope or survive	Feeling irrationally scared	Keep safe from any kind of harm
Overlooking or diminishing own ability to cope	Felling stressed & out of control	Taking unnecessary precautions to stay safe

Is anxiety normal?

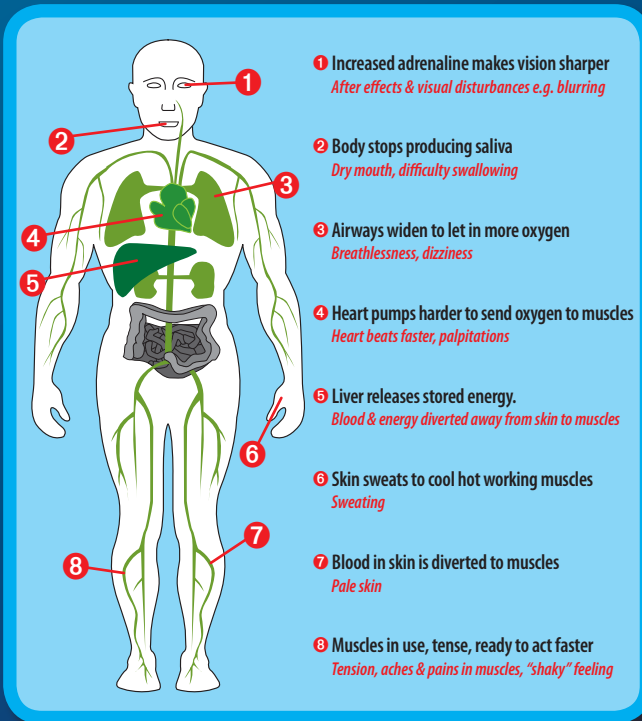
Yes. It is a natural response to danger and stress, and helps us survive by preparing our bodies to deal with the threat. Anxiety acts as a trigger for our bodies to release adrenaline. Adrenaline makes the body work faster and harder so that it can cope with danger, either by fighting or running away. This is known as the “fight or flight” response.

How does your body change when you are anxious?

Adrenaline affects many different parts of the body, getting the body into a state of readiness to deal with the threat. It is adrenaline that produces many of the uncomfortable physical feelings that are associated with anxiety, such as ‘butterflies’ in the stomach, tense muscles, rapid heartbeat and sweating. When adrenaline is released, our senses become more acute and our thinking may change.

What happens to my body?

Adrenaline affects many parts of the body as it prepares you to deal with a threat. It produces many of the uncomfortable physical sensations linked with anxiety, and may create some or all of these symptoms.



What anxiety is helpful?

The body speeding up or “fight or flight” response is natural and automatic. As soon as you sense a threat, this response happens very quickly. Sometimes, in the event of real danger, it is very useful, for example, if you cross a road and a car comes towards you quickly, the “fight or flight” response occurs. Adrenaline is triggered by your brain into your bloodstream, which prepares your body to get out of the way of the car.

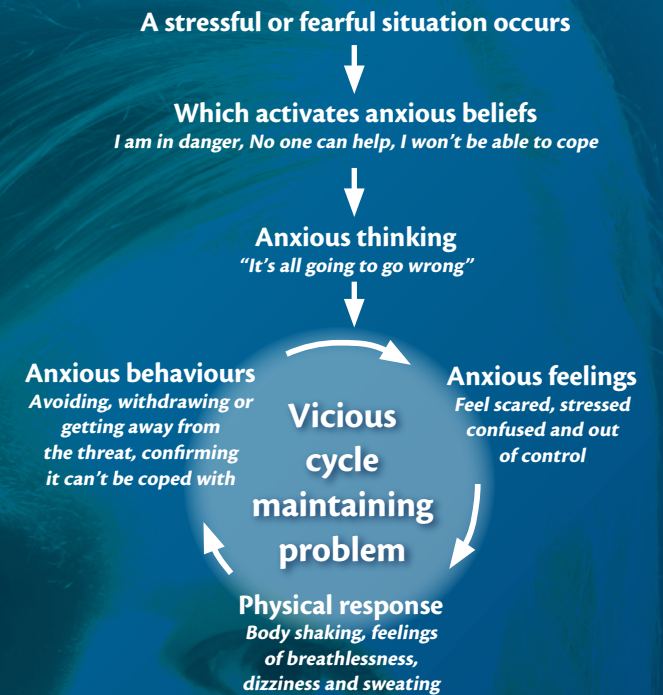
We also get anxious about stressful or worrying things. For example, if you had to speak in public, the same reaction might be triggered, even though there is no real physical danger. Moderate amounts of anxiety might be helpful in this case as it will make us more alert and focused, improving our preparation and performance.

Why does anxiety happen?

Everyone feels anxious or has worrying thoughts, but these problems may be worse for some people due to a number of reasons:

<p>PERSONAL BELIEFS</p> <p>Some people are more vulnerable to anxiety because of their beliefs. People who are self-critical or have very high standards, are always on the go and rarely stop, have low self esteem or people who like to be in total control all the time are likely to be more sensitive to anxiety.</p>
<p>LIFE STRESSES</p> <p>A wide range of stressful events, such as losing a job, moving house, the birth of a child, financial worries, can all trigger anxiety related problems.</p>
<p>ABILITY TO COPE</p> <p>People have different ways of coping with problems. Useful ideas are positive distraction, such as exercise, or keeping busy. Unhelpful coping strategies are avoiding problems, smoking, drinking, or using drugs. Although these methods can bring short term relief, they often help maintain the problem.</p>
<p>PERSONAL SUPPORT</p> <p>It can help to have someone to confide in and talk to. Good social support from friends, workmates and family can protect from developing anxieties. Professional support from counsellors or therapists might help at times of severe stress or worry.</p>

What is the common cycle of anxiety?



How CBT can help you overcome anxiety

Cognitive Behavioural Therapy (CBT) is proven to be effective for treating a huge range of emotional disorders, in particular anxiety. The Department of Health require that the NHS deliver “evidence-based” treatments and the National Institute for Health and Clinical Excellence (NICE), consistently recommends CBT as the most effective approach for anxiety.

CBT is becoming more widely used in cases of anxiety because it is based on common sense and easy to learn principles that anyone can learn. CBT methods really do work and often quite quickly.

Unlike other forms of therapy, the effectiveness of CBT has been confirmed in large numbers of studies comparing it with other treatments such as antidepressants. Research shows that people treated with CBT improve rapidly and stay anxiety or worry free for long periods of time.

How does Clarity CBT work?

CBT focuses on the way a person thinks (cognitive) and acts (behaviours) to understand, control, and overcome emotional problems such as anxiety. CBT theory suggests that when we are anxious, we tend to think in irrational, or negative ways. These unhelpful thoughts cause unpleasant feelings because our feelings are controlled by our thoughts.