

Anxiety in Practice

Nursing

What anxiety does to the body and the thinking, and what helps.

Anxiety becomes a clinical concern when it is persistent, out of proportion, and limits what a person can do.

BODY
Arousal

THOUGHT
Threat appraisal

BEHAVIOUR
Avoidance

- The physical signs are real: heart rate, breathing, tremor
- Avoidance relieves it briefly and strengthens it long-term
- Panic peaks and falls; it is self-limiting
- Physical causes are excluded, not assumed absent
- Grounding and slow breathing lower arousal
- Reassurance seeking can maintain the cycle

LOOK FOR IT

A person hyperventilating in panic is helped more by slow, paced breathing alongside them than by being told to calm down.

Educational reference. Psychological therapies and medication are prescribed and delivered by trained practitioners under local care