



GLASGOW ANXIETY & DEPRESSION  
COUNSELLING SERVICE

## **EVERYDAY ANXIETY**

### **What is Everyday Anxiety?**

It's a normal part of life to experience occasional anxiety. Most of us feel a bit nervous before an interview; meeting new people; visiting a new place; before a driving test or college exam; or breaking important news to someone else. Such anxiety and nervousness is proportionate to the situations and events that trigger it and the anxious and nervous feelings generally dissipate after the exam or interview has taken place.

So, anxiety is a normal part of life. It can serve to protect us or keep us safe. It can even act as a motivator and drive us towards some important action (e.g. a deadline at work or getting a medical check-up when we worry about some aspect of our health).

So, many things bring on normal and controllable anxiety. Generally the anxiety or nervousness reduces after the situation or event and we get on with our life. It's proportionate to the event or situation and we move on with our life after the situation or event has passed.

However, sometimes our anxiety grows, for various reasons, and becomes disproportionate to the situation or event we are experiencing. This is when anxiety and nervousness can start having a negative, distressing or detrimental effect on our life and wellbeing. When you start noticing this. It might be a good time to seek some support and address the anxiety and nervousness you are experiencing before it worsens and potentially develops into one of the anxiety conditions listed elsewhere on this website. Have a look at the other anxiety conditions listed on the website so get to know some of the signs and symptoms of anxiety.

Remember, we are all different and some of us will notice the physical symptoms more while others might be more bothered by the emotional or cognitive effects of anxiety.

Whatever your symptoms might be, anxiety over a long period of time can lead to many other problems and have a significant impact on our physical and mental health. Take action before it's too late and you become ill with anxiety. If you recognise elements of these signs and symptoms in yourself, it might be time to talk to someone about it. We are here to support you.