



# ANXIETY FACTSHEET

- One in six adults is affected by anxiety at any one time.
- Anxiety makes you feel like something bad is going to happen
- Feelings of fear and anxiety can for a short time and then pass. But they can also last much longer and you can get stuck with them.
- Anxiety affects your ability to eat, sleep, concentrate or enjoy life. It can affect your performance on the pitch.
- Anxiety can hold you back from doing things you want or need to do, and affect your health. Other health problems that are directly based on fear include phobias, panic attacks and anxiety disorders, including obsessive compulsive disorder (OCD).
- Some people become overwhelmed by fear and want to avoid situations that might make them frightened or anxious, and
- Anxiety can make you feel physically drained, being in constant state of anxiety places extra stress on your heart.

## What Anxiety feels like

Anxiety is normal, particularly before a game.

Anxiety and adrenalin work together with positive and negative effects. When it affects us negatively we doubt our ability and think the worst can happen. We expect to fail and this can affect performance.

## Impact of change in your club

- Change and the arrival of a new boss makes everyone anxious
- You will wonder if the manager will change the team / have a different management style
- There is anxiety in the team because the future is unknown and what is unknown can make us anxious
- The stakes are raised within the team and managers and players are often judged on their last game, and
- Anxiety is a mental health condition but it can have a physical affect on the body. It can sap you of energy leaving you drained and de-motivated.

## Support



[www.mindwisenv.org](http://www.mindwisenv.org)



[www.mindingyourhead.info](http://www.mindingyourhead.info)

