



Why Am I Anxious All the Time?

Many people find themselves asking, *"Why am I anxious all the time?"* They may feel constantly on edge, struggle to switch off their thoughts, or worry about things that haven't happened yet. Anxiety can leave you feeling exhausted, overwhelmed, and unsure of how to regain a sense of calm.

Anxiety is a natural and important human response. It is designed to alert us to potential threats and help keep us safe. However, when anxiety becomes persistent or overwhelming, it can begin to interfere with daily life, relationships, work, and overall wellbeing.

There are many reasons why anxiety may develop. Ongoing stress, relationship difficulties, work pressures, financial concerns, health issues, major life transitions, or past experiences can all contribute to feelings of anxiety. Sometimes the cause is clear, while at other times anxiety can build gradually over months or years without an obvious trigger.

Anxiety affects both the mind and the body. You may notice symptoms such as excessive worrying, racing thoughts, difficulty concentrating, restlessness, irritability, muscle tension, sleep difficulties, a racing heart, or an unsettled stomach. Living with

anxiety can feel like being constantly prepared for a problem, even when no immediate danger exists.

It is important to remember that anxiety is not a sign of weakness or failure. Often, it is your mind and body responding to stress, uncertainty, or unresolved emotional experiences. Understanding the underlying causes of anxiety can be an important step towards managing it more effectively.

Counselling provides a safe and supportive space to explore what may be contributing to your anxiety. Together, we can identify patterns, understand triggers, develop coping strategies, and work towards building greater confidence, resilience, and emotional balance.

Many people find that therapy helps them feel more in control of their thoughts and emotions, allowing them to respond to life's challenges with greater calm and clarity.

If anxiety is affecting your quality of life, you do not have to face it alone. Seeking support can be the first step towards understanding your anxiety and creating lasting positive change.