

# ANXIETY

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# GORBRYDER



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE  
ATAL HUNANLADDIAD IFANC

## What is anxiety?

We can feel anxious when we are worried, or afraid. Anxious thoughts and feelings are often linked to fears about something that is happening, or might happen in the future. It's normal to feel anxious sometimes, especially when we are going through stressful life events or changes. However, anxiety can become a problem if we have anxious feelings that:

- **Last a long time**
- **Are out of proportion to the situation**
- **Feel so strong that we start to avoid situations and events**
- **Cause us to have panic attacks, or make us feel out of control**
- **Stop us from leading our normal life**

When we struggle with anxious feelings we can become overwhelmed with worry, panic or fear. Sometimes we can overanalyse situations or excessively worry about them.

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## Beth yw Gorbryder?

Gallwn deimlo'n orbryderus pan fyddwn yn poeni neu'n ofnus. Yn aml, mae meddyliau a theimladau o orbryder yn gysylltiedig ag ofnau am rywbeth sy'n digwydd, neu a allai ddigwydd yn y dyfodol. Mae'n normal i deimlo'n orbryderus ar adegau, yn enwedig pan fyddwn yn delio â stres yn sgil digwyddiadau neu newidiadau yn ein bywyd. Fodd bynnag, gall gorbryder fod yn problem os yw'n teimladau o orbryder yn:

- **Para am amser hir**
- **Cryfach nag y dylent fod i'r sefyllfa**
- **Teimlo mor gryf fel ein bod yn dechrau osgoi sefyllfaoedd a digwyddiadau**
- **Peri i ni gael pwl o banig neu deimlo allan o reolaeth**
- **Ein stopio rhag byw bywyd normal**

Pan fyddwn yn cael trafferth â theimladau o orbryder gallwn gael ein gorlethu ag ofn, panig a phoeni. Weithiau gallwn orddadansoddi sefyllfaoedd neu boeni'n ormodol amdanynt.

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## What are the symptoms of anxiety?

Like most animals, we have evolved to protect ourselves from dangerous situations. Sometimes, when we feel afraid or anxious, our mind tells our body that we are in danger, and our body reacts automatically. This is called the 'Fight, Flight or Freeze' response.

When our body responds in this way it releases hormones called adrenalin, and cortisol. These hormones help us to run away (flight), fight, or freeze. This can be useful if you are in a dangerous situation. They make our heart beat faster in order to pump blood to the parts of our body that need it the most. However, sometimes we experience this automatic response to anxiety when we don't need to run away, fight or freeze. In these situations, this release of hormones can cause some of the symptoms of anxiety, including panic attacks.

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## What is a panic attack?

When we experience panic attacks, symptoms of anxiety can occur very quickly, sometimes without warning. These symptoms can include:

- **A fast, racing, or pounding heartbeat**
- **Feeling faint or dizzy**
- **Feeling very hot or very cold**
- **Shaking limbs**
- **Shortness of breath**
- **Feeling sick**
- **Having chest pain**
- **Feeling like you aren't connected to your mind, body, or the world around you**

Experiencing a panic attack can be very frightening. It can make us feel like we are going to die, faint or that we are losing control of our body or mind.

## Beth yw symptomau Gorbryder?

Fel y rhan fwyaf o anifeiliaid, rydym wedi esblygu i ddiogelu'n hunain rhag sefyllfaoedd peryglus. Weithiau, wrth i ni deimlo'n ofnus neu'n orbryderus, mae'n meddwl yn dweud wrth ein corff ein bod ni mewn perygl, ac mae'r corff yn ymateb yn awtomatig. Ymatebiad 'ymladd, ffoi neu rewi' yw enw hyn.

Pan fydd ein corff yn ymateb yn y modd hwn, mae'n rhyddhau hormonau o'r enw cortisol ac adrenalin. Gall yr hormonau hyn ein helpu i redeg i ffwrdd (ffoi), ymladd neu rewi. Gall hyn fod yn ddefnyddiol mewn sefyllfa beryglus. Maen nhw'n gwneud i'ch calon guro'n gyflymach er mwyn pwmpio'r gwaed i'r rhannau o'n corff sydd eu hangen fwyaf. Fodd bynnag, weithiau rydyn ni'n teimlo'r ymateb awtomatig hwn i orbryder pan na fydd angen i ni redeg i ffwrdd, ymladd na rhewi. Mewn sefyllfaoedd o'r fath, gall y rhyddhau hormonau hyn beri rhai o symptomau gorbryder gan gynnwys pwl o banig.

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## Beth yw pwl o banig?

Yn ystod pwl o banig gall symptomau o orbryder ddioglydd yn gyflym iawn, weithiau'n ddi-rybudd. Ymhlith y symptomau hyn mae:

- **Curriad calon sy'n gyflym ac yn rasio**
- **Teimlo fel llewygu neu bendro**
- **Teimlo'n boeth iawn neu'n oer iawn**
- **Cymalau'n crynu**
- **Byr eich anadl**
- **Teimlo'n sic**
- **Poenau yn y frest**
- **Teimlo wedi eich dad-gysylltu â'ch meddwl, corff neu'r byd o'ch cwmpas**

Gall y profiad o bwl o banig fod yn un brawychus iawn. Mae'n gallu gwneud i chi deimlo fel eich bod yn mynd i farw, llewygu neu golli rheolaeth dros eich corff neu feddwl.

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## What can I do to help myself when I feel anxious?

Here are some ideas of other things that you could try that might help.

- **Speak to someone you trust.** Talk about your worries with somebody who you know will listen and who may be able to help.
- **Try to take control of your worries.** Give yourself a set time each day to think about your worries so that when they come into your mind you can reassure yourself that you will have time to think about them later. Writing them down when they come into your mind, and keeping them in one place, for looking at later, may be helpful.
- **Take care of your physical health.** Getting enough sleep, eating well and staying hydrated can keep your energy levels up. This can help you to manage when you are feeling anxious. Getting regular exercise can also help.
- **Breathing exercises.** Controlling your breathing can help you feel more in control when you are feeling anxious, or experiencing panic.

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## Beth allaf ei wneud i helpu fy hun pan fyddaf yn teimlo'n orbryderus?

Dyma rai syniadau am bethau eraill y gallech roi cynnig arnynt ac a allai eich helpu.

- **Siarad gyda rhywun y gallwch ymddiried ynddo.** Soniwch am beth sy'n eich poeni gyda rhywun fydd yn gwrandao arnoch ac a allai eich helpu.
- **Cymryd rheolaeth dros eich pryderon.** Rhowch amser penodol i'ch hun bob dydd i feddwl am eich pryderon yna pan fyddant yn dod i'ch meddwl gallwch dawelu eich meddwl y bydd amser gennych i feddwl amdanynt yn ddiweddarach. Gall fod yn ddefnyddiol eu hysgrifennu wrth iddynt ddod i'ch meddwl, a'u cadw mewn lle diogel, i edrych arnynt yn ddiweddarach.
- **Gofalu am eich iechyd corfforol.** Gall digon o gwsg, bwyta'n dda ac yfed digon o ddŵr gadw lefelau eich egni i fyny. Gall hyn eich helpu i gadw rheolaeth pan fyddwch yn teimlo'n orbryderus. Gall ymarfer corff rheolaidd helpu hefyd.
- **Ymarferion Anadlu.** Wrth reoli eich anadl, gallwch deimlo fel bod mwy o reolaeth gennych pan fyddwch yn teimlo'n orbryderus neu'n cael pwl o banig.

## Treatments for Anxiety

If your anxious feelings are becoming overwhelming or difficult to manage you should go and speak to your doctor for advice and support. Your doctor might suggest trying:

- **Talking Therapies** – Such as Cognitive Behavioural Therapy (CBT), or Counselling. These therapies can help you to understand what is causing your anxiety and give you techniques to manage your symptoms of anxiety.
- **Medication** – Medication can help to manage the symptoms of anxiety. Your doctor will work with you to find out which medication will suit you best.

Your doctor might also suggest a combination of medication and talking therapy.

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## Anxiety and Suicide

When young people are struggling with feelings of anxiety, they can feel scared and alone. This can, at times, lead to thoughts of suicide.

Young Minds have found that one in six young people experience anxiety, so if you are experiencing anxiety remember you are not alone. If someone you know is experiencing anxiety, they are not alone. Reach out for help. With support, things can get better.

With the right support, young people can learn to manage anxious thoughts and behaviours, and recover from anxiety.

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## Triniaeth ar gyfer Gorbryder

Os yw'ch teimladau o orbryder yn eich llethu neu'n anodd eu rheoli dylech fynd i siarad â'ch meddyg am gyngor a chefnogaeth. Efallai bydd eich meddyg yn awgrymu eich bod yn rhoi cynnig ar:

- **Therapi Siarad** – fel Therapi Gwybyddol Ymddygiadol neu Gwnsela. Gall y therapïau hyn eich helpu i ddeall beth sy'n achosi eich gorbryder gan roi technegau i chi reoli'ch symptomau o orbryder.
- **Meddyginiaeth** – gall meddyginiaeth eich helpu i reoli symptomau o orbryder. Bydd eich meddyg yn gweithio gyda chi i ddarganfod pa feddyginiaeth fydd yn eich siwtio chi orau.

Gall eich meddyg hefyd awgrymu cyfuniad o feddyginiaeth a therapi siarad.

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## Gorbryder a Hunanladdiad

Pan fydd pobl ifanc yn straffaglu â theimladau o orbryder gallant deimlo'n ofnus neu'n unig. Ar adegau, gall hyn arwain at feddyliau o hunanladdiad.

Mae Young Minds wedi canfod fod un ym mhob chwech o bobl ifanc wedi cael profiad o orbryder, felly os ydych chi yn eu plith cofiwch nad ydych chi ar eich pen eich hun. Os oes rhywun rydych yn ei adnabod yn dioddef o orbryder, nid yw ar ei ben ei hun. Estynnwch allan i'w helpu. Gyda chymorth, gall pethau wella.

Gyda'r cymorth cywir, gall pobl ifanc ddysgu i reoli meddyliau o orbryder ac ymddygiad orbryderus a gwellu ohono.

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## Further Support

### Anxiety UK

Text Service **07537 416 905**

Infoline: **03444 775 774**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)



### No Panic

Youth Helpline **0330 606 1174**

Helpline **0844 967 4848**

[www.nopanic.org.uk](http://www.nopanic.org.uk)

### Good Thinking

[www.good-thinking.uk](http://www.good-thinking.uk)

## Cymorth Pellach

### Anxiety UK

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**07537 416 905**

Infoline: **03444 775 774**

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## HOPELINEUK

Call: **0800 068 4141**

Text: **07860 039 967**

Email: **pat@papyrus-uk.org**

### Opening hours:

9am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

Our Suicide Prevention

Advisers are ready

to support you.

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Oriau agor:

9am - 10pm dyddiau'r wythnos

2pm - 10pm penwythnosau

2pm - 10pm gwyliau banc

Mae ein cynghorwyr atal  
hunanladdiad yn barod i'ch  
cynorthwyo.



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