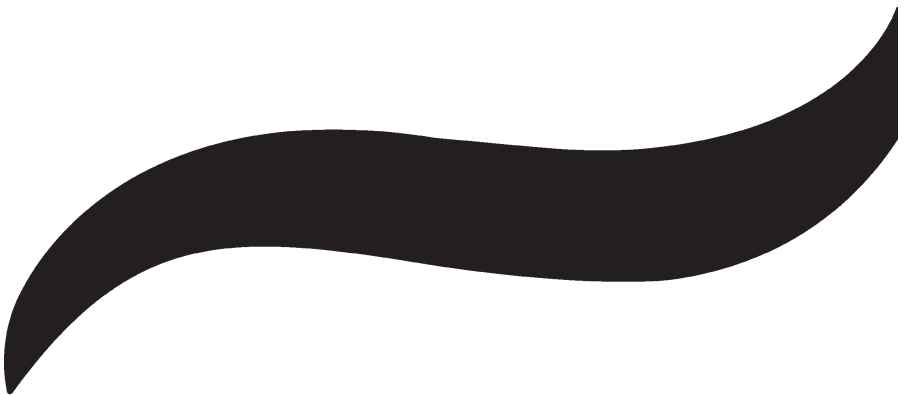




Dizziness, Anxiety and Stress

Information for patients
Physiotherapy



DO STRESS AND ANXIETY CAUSE DIZZINESS?

It is thought that the parts of the brain that cause dizziness interact with those that cause anxiety, so dizziness can be a common symptom if you are stressed or having a panic attack. Your breathing rate can increase and become shallow which means your brain isn't getting its normal amount of oxygen which can lead to dizziness.

Stress or anxiety can often amplify any symptoms of dizziness and the presence of the symptom itself can cause worry and uncertainty. If you have a vestibular problem and suffer from anxiety or depression your symptoms may appear much worse.

Both the anxiety and dizziness need to be addressed in order for the symptoms to improve

HOW CAN PHYSIOTHERAPY HELP?

You will be given a series of exercises and symptom provoking activities to do in small doses so you are in control. This will help you to understand the triggers for your symptoms so that you are able to manage them yourself.

Is there any other treatment that might help?

You may also be referred to stress control classes, mindfulness sessions or mental health services to be given more assistance to manage your anxiety.

Further information

This NHSinform website gives information on mental wellbeing:
<https://www.nhsinform.scot/healthy-living/mental-wellbeing>

This NHS Lanarkshire website gives information on dizziness conditions and their management:
<http://www.nhslanarkshire.scot.nhs.uk/services/physiotherapy/vestibular-physiotherapy>

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	May 2022
Review date:	May 2024
Issue No:	02
Department:	Physiotherapy
Clinical Lead:	

PILDIZANX.20_08716.L
22_06901