



Anxiety

Impacts on us all



Anxiety

What is Anxiety?

- Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm bell system, which tells us something is not right and that we need to deal with it.
- Our brain wants the difficult situation to go away, so it makes us feel more alert, stops us thinking about other things, and even pumps more blood to our legs to help us run away.

Anxiety

Worry

- Most of us worry, common topics are friendships, family life, school, what others think of us or money. We feel anxious when we are under stress, like at exam time or situations we have no control over. However, afterwards we usually calm down and feel better.
- But when you are not in a stressful situation, and you still feel worried or panicky, that is when anxiety can become a problem.





Anxiety

What are the symptoms?

You might start just feeling generally anxious, but if your symptoms get worse or last longer than they should, it could be time to get some support. Symptoms include:

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite



Anxiety

- finding it difficult to concentrate
- feeling tired and grumpy
- heart beating really fast
- having a dry mouth
- trembling
- feeling faint
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual
- wobbly legs
- getting very hot



Anxiety

If you experience any of these symptoms, it does not mean you have an anxiety problem. But if any of them are affecting your everyday life, it is a good idea to tell someone you trust about how you are feeling.

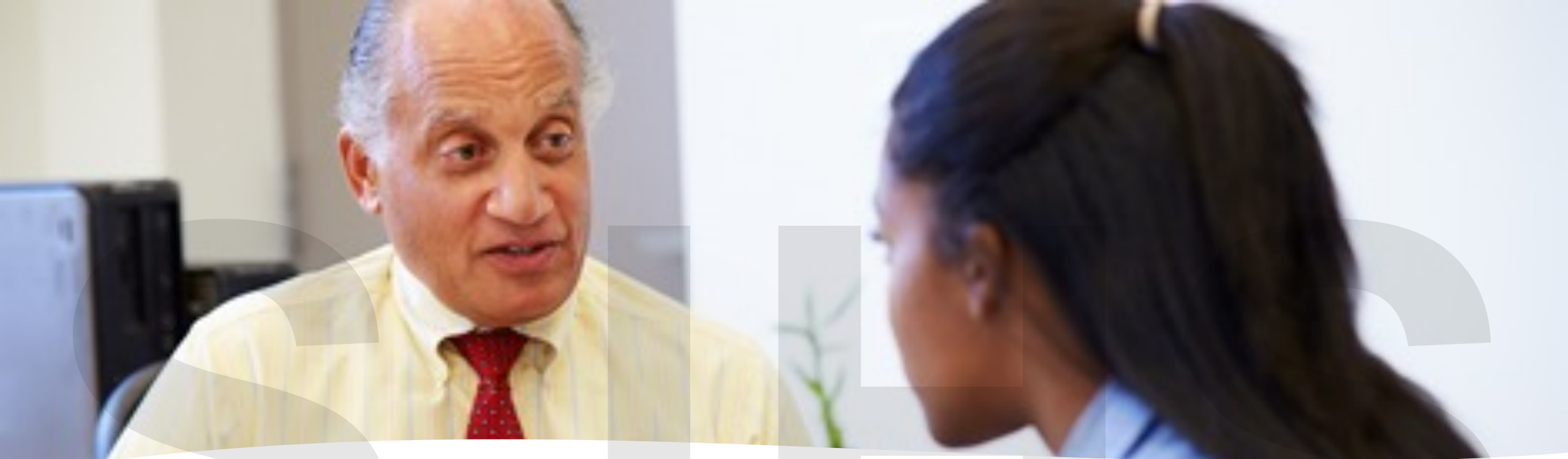
- A family member
- A good friend who understands you
- A teacher
- A neighbour you trust

Please do not self diagnose just because you are feeling a little low or are worried about issues in your life. Help is close by and simpler than you think. Perhaps think why you first felt feeling anxious, what were your 'triggers'?

What Triggered Me

1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
12. I felt I couldn't be honest.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt lack of passion.
22. I felt uncared for.
23. I felt manipulated.
24. I felt controlled.

The Gottman Institute



Anxiety

What to do about anxiety?

- Feeling constant anxiety can be a sign that something in your life is not right, and you may need some help figuring out what that is.
- **Talk to your GP, make an appointment before things get worse.** If they think you are suffering from anxiety, whether mild or severe, they can suggest different types of support that might help. They can also offer regular check-ups to see how you are doing.
- You may also want to consider a self referral to *Talk Zone* too, details can be found on our school website.

10

TIPS FOR STRESS RELIEF

1. DRINK A GLASS OF WATER
2. CHECK YOUR BODY POSTURE
3. DEEP BREATHING
4. RELAX YOUR SHOULDER
5. GET SOME SUNSHINE
6. GO FOR A WALK
7. DRINK HERBAL TEA
8. TAKE A BATH
9. USE ESSENTIAL OILS
10. BE CREATIVE

Anxiety

Self help

There are quite a few things you can do yourself to help manage your anxiety.

- You could try meditation in your own time and quiet space
- There are some brilliant apps such as [Calm](#) and [Headspace](#) which you might find beneficial in managing your anxiety.
- You may also find it helpful to have some techniques you can use when you are feeling really anxious or having a panic attack. These are called '*grounding techniques*' and can help you to feel calmer.

Benefits of Deep Breathing Exercises



1. Decreases stress.
2. Reduces anxiety.
3. Helps you to remain calm.
4. Strengthens sustained attention.
5. Sharpens the ability to focus and learn.
6. Slows the heart rate.
7. Lowers blood pressure.
8. Helps to control your emotions.
9. Promotes appropriate social behaviors.
10. Encourages happiness.



Anxiety

- Fidget toy
- Exercise or being out in the open
- Square breathing- in for 4 seconds, hold and out for 4 seconds, repeat, repeat.....
- Alphabet games- A-Z band names, football teams, animals, cities/countries, famous places
- Self soothe box
- [How to make a self-soothe box](#)
- https://youtu.be/TTYIS3u3A_E
- [The grounding technique that helps me when I'm anxious](#)
- [How I practise Progressive Muscle Relaxation for anxiety](#)












Anxiety

- If you are not sure where to start, have a look at these ideas and tips from 'Young Mind' activists and bloggers:
- *"Finding a physical way to get your worries out in the open can really help. I've found imagining my anxious thoughts physically leaving my brain and floating into the sky really helps."* **Georgie**
- *"(If you find seeing family and friends difficult), try to remind yourself that there's no danger with your family or friends, and that you are safe with them."* **Luke**
- *"Write a letter to yourself explain how you feel and why. Be as open and truthful with yourself as you can be. A few days later, read it back imagining someone else wrote it to think how you would help them."* **Molly**

30+

WAYS TO DE-STRESS

IN LESS THAN 10 MINUTES

- LISTEN TO YOUR FAVORITE TUNES
- HEAD OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE 
- WALK, BIKE, SKATEBOARD AROUND THE BLOCK
- COUNT TO 10
- DANCE
- JOURNAL
- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR 
- DOODLE OR DRAW
- TELL SOME JOKES 
- CALL A FRIEND
- CHEW A PIECE OF GUM
- FOCUS & NOTICE YOUR PRESENT SURROUNDINGS (GROUNDING)
- DISCONNECT FROM TECH 
- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO 
- PUNCH A PILLOW
- DEEP, SLOW-BREATHING
- READ AN INSPIRATIONAL QUOTE 
- SPEND TIME WITH YOUR PETS 
- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN 
- VISUALIZE A SAFE, COMFORTING PLACE 
- PICK SOME FLOWERS
- GIVE YOURSELF A NECK MASSAGE
- TAKE A SHOWER 
- KICK A SOCCER BALL 

Anxiety


- *"Sometimes all you need to do is stop and focus on your breathing. I have learned many techniques over my time in counselling and finding one that works for you is important."* **Georgie**
- *"If you look up 'calming breathing techniques' you'll find many of your own. I breathe in for 7 seconds and out for 11 seconds, which helps me to stop and focus."* **Georgie**
- *"As stressful and anxiety-inducing as seeking help can be in itself, talking to someone and receiving support is the only way to overcome it."* **Jasmine**





Anxiety

- *"Doing something you enjoy is a good way of taking your mind off things. I get anxiety over things that may not even happen, so having things that I enjoy reduces the amount I worry."* **Georgie**
- For more advice on managing anxiety, have a look at *Young Mind* blogs:
- [Four coping techniques for when you feel anxious](#)
- [How to make a self-soothe box](#)
- [How I cope with panic attacks](#)
- [Tips for coping with social anxiety](#)
- [What to do if seeing friends and family makes you anxious](#)
- [Coping with anxiety at university](#)



We're **#FightingFor** a **new era**
where mental health support is
available to **every young person**
who reaches out.

#FightingFor

YOUNGMINDS

Anxiety

Young Minds are a fab organisation who are accessible online and can offer advice and support.

- Provide free, 24/7 text support for young people across the UK experiencing a mental health crisis.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.
- Text: **YM to 85258**
- Opening times: 24/7