# Who ean help you at school?

# Who can help you?

### **Young Minds**

www.youngminds.org.uk

#### **Anxiety UK**

tel. 08444 775 774 web: anxietyuk.org.uk Support, help and information for those with anxiety disorders

#### **No Panic**

helpline: 0800 138 8889 web: nopanic.org.uk

#### **Samaritans**

24-hour helpline: 08457 90 90 90 web: samaritans.org
Emotional support for anyone feeling down or struggling to cope.

#### **CAMHS**

#### **Child and Adolescent Mental Health Services**

http://www.nottinghamshirehealthcare.nhs.uk/information/information-leaflets/child-and-adolescent-mental-healthservices

**CASY** (Counselling and Support for Young People) 01636 704 620

16 London Rd, Newark, NG24 1TW

A free confidential, one to one counselling service to young people aged from 6 to 25 within the area of the East Midlands.

### Get Self Help:

# www.getselfhelp.co.uk/anxiety.htm

Website has lots of resources around a range of mental health issues including a downloadable self-help course on anxiety.

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# **Anxiety**

Anxiety is something we all experience from time to time. It is the feeling we get when our bodies get prepared to deal with a difficult or stressful situation such as sitting an exam or going to the dentist. These are experienced by lots of people and whilst at the time it can affect your sleep, appetite and ability to concentrate after the event the anxiety will go away. A certain level of anxiety can be helpful e.g. feeling more alert during an exam. However, prolonged anxiety over a long time is not good for you.

# What is anxiety?

When the body perceives a 'threat' then the brain releases chemical messengers (hormones) into the body via the blood. These messengers, such as adrenalin causes your heart to beat faster to carry blood where it is most needed. Extra oxygen is needed for energy so you breathe quicker. Your senses become heightened looking for further sources of threat and your brain becomes more alert. These changes make your body able to take action and protect you in a dangerous situation either by running away or fighting it out. It is known as the 'fight or flight' response. This explains the physical signs associated with anxiety:

memories

memories

- le Heart racing work
- Sweating
- Chest feeling tight or hard to breathe
- Feeling sicke WOYY
- Feeling tense worry
- Dizziness or feeling unsteady memories
- Needing the loo more!

So whilst the fight or flight response was useful to our ancestors when facing a physical danger e.g. run away from a wild animal, attacker or fire etc. The response is not helpful in other situations where running away or fighting are not the appropriate response e.g. a job interview!

Some young people report that anxiety also effects the way they are thinking too. They might feel:

- Feeling like they are losing control
- Thinking that something bad is going to happen
- Thinking that people are going to laugh at them or saying bad things about them

Knowing how anxiety can affect your thoughts and feelings is the first step to better understanding and managing your anxiety.

You can't take it away completely, but you can stop it ruining your life.



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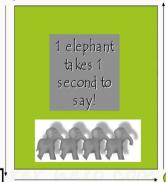
# What can you do to help yourself?

- Realise you are not alone!
- Tell someone how you are feeling!
- Talk to someone a friend, an adult you trust at home or at school or a helpline
- Identify what is working well in your life
- Ask for help either at school or in the community (see overleaf)
- Simple breathing exercises can help tell the brain that it has got the level of threat wrong – try milkshake breathing (imagine blowing a long stream of tiny bubbles into a milkshake)

'5 quare breathing' or 'milks hake breathing\*'!

Breathe out, making the breath last for a count of 4....

Breathe in, making the breath last for a count of 4



Breathe in, making the breath last for a count of 4 seconds

\*Use the idea of blowing long stream of small bubbles into a milkshake to help explain the exhaling part of this technique

Breathe out, making the breath last for

Repeat...
until
feeling
calmer