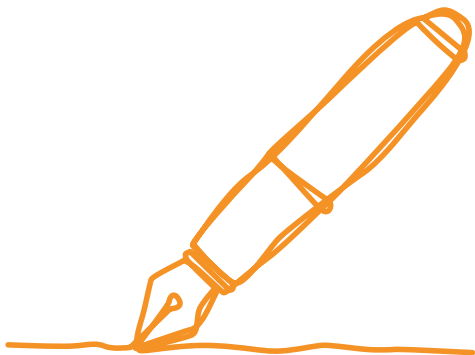


## What might help?

When we are feeling anxious there are various coping techniques we can try to help manage our anxiety. Things you could try are:

- Breathing exercises. When we are feeling anxious we often forget the most simple thing is to breathe. Deep slow breathes, in and out.
- Try some physical exercise. Go for a walk, run, or maybe go to the gym. Exercise will help to get rid of the hormones such as adrenaline that our body creates when we are anxious.
- Support network. Find people that you can trust and are comfortable talking to.
- Complementary therapies. You could try yoga, herbal treatments aromatherapy reflexology or meditation to help you relax.
- Keep a diary. It may help to keep a diary of your anxiety, this could help to identify any patterns or triggers.



## Who can help?

- Your parents or carers will often want to help, try to explain to them how you are feeling and what they can do to help.
- Talk to someone you trust, such as a teacher, family member or friend.
- A counsellor.
- Try a self help book, download an app or try one of the websites listed below.

## Other useful websites / organisations

- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- [www.nomorepanic.co.uk/](http://www.nomorepanic.co.uk/)
- [childline.org.uk](http://childline.org.uk)
- [youngminds.org.uk](http://youngminds.org.uk)

We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.  
[www.nsmind.org.uk](http://www.nsmind.org.uk)

## A Young Person's Guide to

# Anxiety



## North Staffs

## What is anxiety?

- Anxiety is what we feel when we are worried or afraid.
- We may experience anxiety about events that we can not control or predict.
- Anxiety is a natural human response, that can be experienced through our feelings, thoughts and physical sensations.

## Fight, Flight, or Freeze

As human beings have evolved we have found ways to protect ourselves from danger. When we feel like we are under threat our bodies release hormones that makes us feel more alert so we can act faster.

When we are experiencing anxiety, we will either:

- **Fight**—Stay and face the anxiety or threat.
- **Flight**—Leave the situation that makes us feel anxious.
- **Freeze**—Quite simply freeze and feel powerless to do anything.

The fight, flight or freeze response is something that happens automatically in our bodies.

## Physical sensations

When we feel anxious we can experience physical sensations in our bodies. These may include:

- A fast, thumping or irregular heart- beat
- Faster breathing
- Sweating
- Shaking
- A churning in your stomach
- Nausea (feeling sick)
- Feeling light headed or dizzy
- Pins and Needles (particularly in your hands and feet)
- Needing to go to the toilet more often or urgently
- A panic attack

## Thoughts you may have

- A sense of dread (fearing something awful may happen)
- Overthinking situations that have happened, this could be a negative experience, but may not always be.
- Worrying about things/situations that could happen.
- Thinking that people are looking at you and can tell that you're anxious.
- Needing reassurance from other people, or worrying if they are angry or upset with you.
- Worrying that you are losing touch with reality.
- Worrying about the future, often the worst that you imagine could happen.

## Physical health

When we are feeling anxious it can be hard to think about our physical health, but this can have an impact on our mental health.



Try to:

- **Get enough sleep.** Sleep can give us the energy to cope with difficult feelings and situations.
- **Diet.** Try to eat regular and healthy meals. This can help improve mood and energy levels.
- **Physical Exercise.** Try to do regular physical exercise.