



Deer Park School

wecare@deerparksecondary.org



“We care about every mind and everybody”

Feeling Anxious

General Information for students

Useful Resources:

- <http://www.moodjuice.scot.nhs.uk/mildmoderate/Anxiety.asp>

Websites

- <https://hampshirecamhs.nhs.uk/help/young-people>
- <https://www.youngminds.org.uk>
- <https://www.anxietyuk.org.uk/get-help/about-anxiety-and-anxiety-disorders>
- <https://www.samaritans.org/how-we-can-help/schools/young-people>
- www.nopanic.org.uk
- www.good-thinking.uk
- www.papyrus-uk.org

Help Lines

- Young Minds - 020 7089 5050
- Anxiety UK - 08444 775 774
- No Panic - 08449674848

Mindshift—download an app to help with your anxiety here:

<https://www.anxietybc.com/resources/mindshift-app>

Supporting A Young Person Feeling Anxious

What is anxiety?

It is typical for everyone to worry, it is normal and is part of being human, especially when we are going through stressful life events or changes. For some children fear and anxiety doesn't last very long, but for others it can feel as if it is taking over their lives.

What does it look like?

- ☐ Disrupted sleep -difficulties getting to or staying asleep
- ☐ Seeking reassurance consistently
- ☐ Resistance to do things: require lots of persuasion
- ☐ Becoming distressed or agitated when facing fear or thinking about facing the fear
- ☐ Repeated patterns of behaviour /routines that seem to help but don't make sense - repeated checking or counting
- ☐ Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy or faint.

When to be concerned?

However, anxiety can become a problem if it:

- ☐ Lasts a long time
- ☐ Is out of proportion to the situation
- ☐ Feels so strong that we start to avoid situations and events
- ☐ Causes panic attacks, or makes you feel out of control

- ☐ Affects the ability to eat, sleep, concentrate, see friends, take part in leisure activities or leave the house and go to school.

How can I help myself to overcome anxiety?

Normalise that anxiety is a natural emotion, the physical sensations of anxiety can be unpleasant but it will pass and won't cause any harm.

Face your fear (as long as it does not put you at risk). This has been a proven way to be an effective way of reducing anxiety.

By **avoiding situations** which make us feel anxious, it can actually make **the anxiety worse!** There are ways of breaking this cycle to make it easier to conquer our fears and build up our resilience.

You could:

- ☐ Keep a diary to work out what triggers the anxiety
- ☐ Give yourself a set time each day to think about your worries, reassure yourself you will have time to think about them later.
- ☐ Exercise
- ☐ Relax pamper yourself and practice a deep breathing technique
- ☐ Healthy eating- avoid caffeine/high sugar products which can heighten anxiety.
- ☐ Sleep- aim for at least 8 hours per night
- ☐ Use distractions to take your mind off your thoughts e.g. colouring/baking etc
- ☐ Talk to an adult you trust