

# ANXIETY

There are times in our life when our anxiety may increase, when difficult situations arise, or when a number of difficult things happen all at the same time.

It is important during times of high stress that we look after our wellbeing, get plenty of sleep, eat a healthy diet and exercise on a daily basis.

## FEELINGS:

- ~ can't cope
- ~ exhausted
- ~ oversensitive
- ~ nervous
- ~ overwhelmed
- ~ unhappy

## THOUGHTS:

- ~ random thoughts
- ~ negative thinking
- ~ thinking the worst
- ~ self loathing
- ~ repetitive thoughts

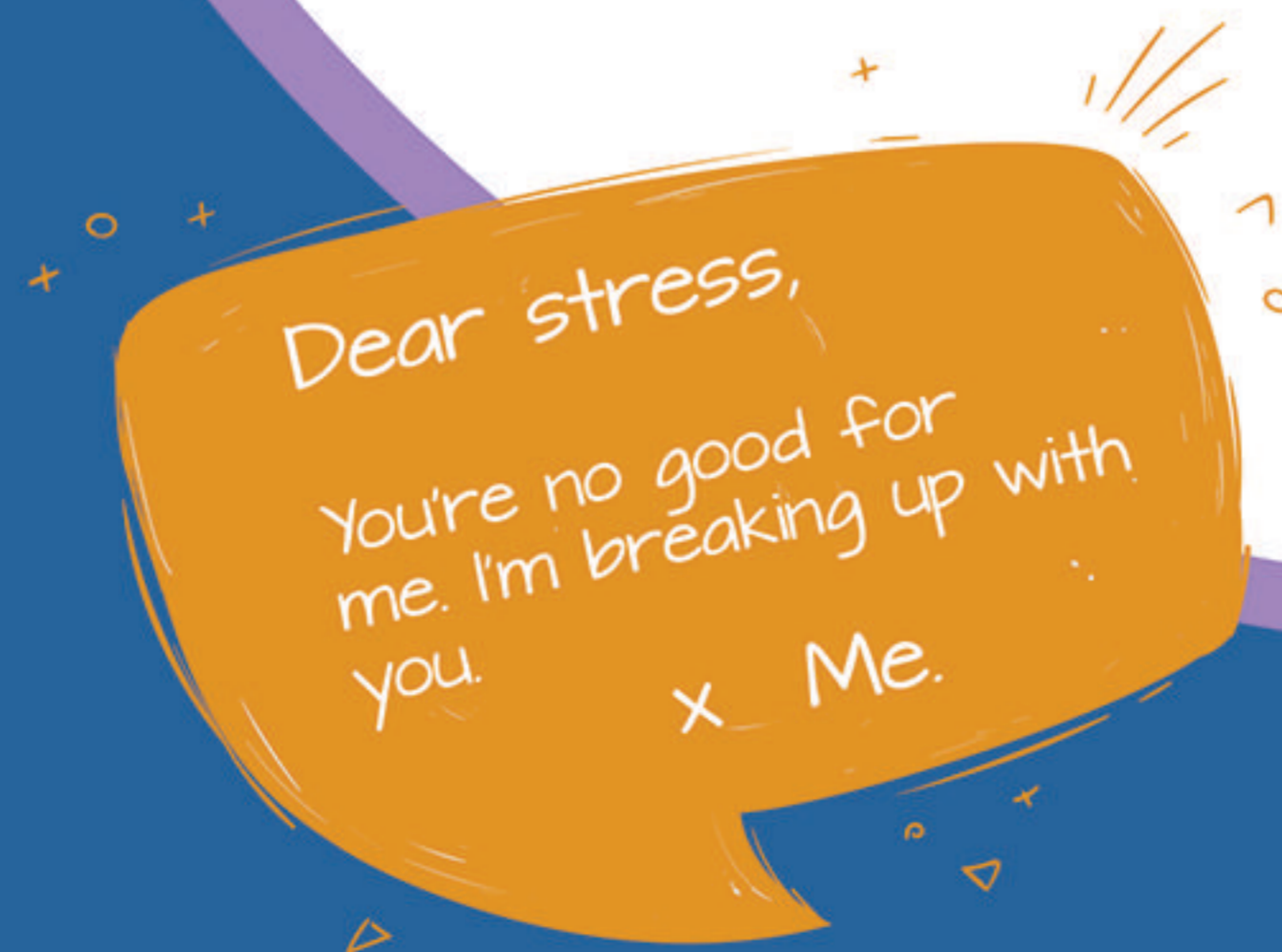
## PHYSICAL SYMPTOMS:

- ~ headaches
- ~ sickness
- ~ rapid heartbeat
- ~ breathlessness
- ~ sensitive skin
- ~ dry mouth
- ~ insomnia
- ~ restlessness

# WHAT TO DO

Anxiety symptoms are your body's way of warning you to **Watch out!**

- Learn to catch yourself when you are starting to feel anxious
- Recognise what your first symptom is and at what point to catch yourself
- Close your eyes and imagine a pleasant image / memory
- Remind yourself that *all will be well*
- Your anxiety and fears are NOT you and they do not have to rule your life



# HOW TO HELP YOURSELF

## Top Tips

to help reduce your stress levels

- 
- Take a walk in the daylight
  - Take a digi-break: no tweeting, messaging or phones
  - Listen to music
  - Have some early nights to supercharge your batteries
  - Spend time with friends
  - Create order around you, tidy up or rearrange your things
  - Ask for help through school or use online counselling: [www.kooth.com](http://www.kooth.com)

## PRACTICAL ACTIVITY

Try this simple calming exercise:

- ☑ find a quiet place
- ☑ close your eyes and breathe deeply, in and out
- ☑ notice where the tension lies in your body: your belly, your back, neck or anywhere else
- ☑ just breathe deeply, in and out 5 times

☑ as you do it, concentrate on the places that feel tense and imagine the tension melting away

☑ open your eyes, stretch like a cat and go on with your day



## SEEKING EXPERT HELP

Seek help if :

- ~ symptoms happen a lot
- ~ when your mood becomes low
- ~ when you stop eating
- ~ when you cry regularly

Seek help from:

- ~ a parent or carer
- ~ your form tutor
- ~ any teacher you trust
- ~ Mrs Del Grande or Mrs Turner

---

This leaflet was produced as part of the Future in Mind initiative, in conjunction with the NHS Wakefield.

Written by Jenny Turner, SEMH Lead at Kettlethorpe High School in consultation with Mary Pepper, Education Consultant. It has been reviewed by Primary Practitioner Kathryn Thomas.

2018



ANXIETY

**Kettlethorpe**  
HIGH SCHOOL