

Feeling Anxious?

You are NOT alone! - Anxiety disorders are estimated to affect 3.3% of children and young adults; meaning 1 out of 30 individuals are suffering!

Why do people feel anxious? - Anxiety is a normal emotion, rather than a weakness and helps keep us safe. However, when anxiety is with us for longer periods and it begins to affect our sleep, moods, relationships, diet and studies - then it is time to talk.

Who can I talk to? - Choose people who can be trusted, sharing personal stuff with those who are more likely to remain long-term friends! Often willing to help, are supportive school staff, parents/guardians, doctors and counsellors - but if they are unavailable, do consider the excellent listeners at Samaritans (you don't have to be feeling suicidal!). Search online for anxiety forums and other supportive sites.

Surround yourself with positive people! - Often we can find ourselves getting caught up in other people's negative behaviours. Choose those who have something nice to share and say, who feel good to be around and who are more positive about life.

Being bullied, neglected or abused at home or elsewhere? - Please share with someone who can be trusted. Seek advice – there's no need to suffer in silence, especially if you feel ashamed or scared, speak out!

Are your studies or exams stressing you out? - It isn't in your teacher's, or anyone's, interest for you to suffer in your studies or your health via self-harming. Please tell someone so you can work on a plan to relieve the anxiety.

It will pass! - Anxiety and the thoughts that cause us to worry always pass. Ask yourself "What was I anxious about a year ago or even a month ago?"

Relaxation Exercises and Emotions - When you become aware of emotions, such as anxiety, recognise it and 'take some action'! Breathe in and expand your lungs slowly – hold – then gently exhale fully. Be aware of tensed and tight muscles, then relax them one-by-one. If you're lonely, reach out for contact or perhaps writing in a personal journal can help you let go of the emotion! Consider joining a group or exercising more.



Whatever you do, share with another trusted, caring person. Why? Because you're so very worth it!

