What is anxiety?

Anxiety is our body's way of protecting us from threats. This reaction evolved out of the survival needs from our early ancestors, who needed to protect themselves from more immediate, physical dangers. Even though we face fewer physical dangers in the modern world, our body still reacts in a similar way.

Psychological signs

- Feeling worried
- Nervousness
- Overthinking
- Unwanted thoughts
- Problems concentrating

How can I make myself feel better?

- Breathing techniques
- Do some stretches
- Exercise
- Eat a healthy balanced diet
- Get enough sleep

Physical signs

- Restlessness
- Feeling nauseous
- Racing heart
- Muscle pains
- Breathing heavily
- Frequent toilet visits
- Problems sleeping
- Panic attacks

Causes of anxiety?

- Stressful situations
- Exams or deadlines
- Problems with family
- Financial difficulties
- Being overtired
- Coping with trauma

When does anxiety become a problem?

- Feelings of anxiety are hard to manage
- You continuously worry about things out of your control
- You struggle to fall asleep or stay asleep
- You avoid certain social situations

What if I can't make myself feel better?

Experiencing frequent symptoms of anxiety? Speak to an adult you trust in or outside of school about how you feel. Alternatively contact **YoungMinds** (youngminds.co.uk/text YM to 85258) or **Childline** (childline.org.uk/call 0800 1111).

For more on supporting pupil wellbeing, go to oego.co/pupil-mental-health

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