



LEARNING SPACE

ANXIETY

Everyone has feelings of anxiety which are natural in many situations.

However, in certain situations anxiety can become more intense or worsen if we avoid the circumstances which make us feel anxious in the first place.

The important thing to remember is **it is not your fault** because people do not choose to feel anxious.

Physical Symptoms

- Stomach-ache or butterflies
- Muscle tension and aches
- Dry mouth
- Sweating
- Dizziness
- Sleeping difficulties
- Increase heart rate
- Nightmares

Psychological Symptoms

- Feeling numb
- Feeling or thinking the worst will happen
- Overthinking a situation
- Poor concentration
- Negative thinking
- Feeling “full” of thoughts

It's worth making a note of your own symptoms to help recognise when you are feeling anxious.

Coping strategies

- Talk to someone you trust
- Try breathing exercises; or just focus on your breathing for a minute
- Distract yourself with something comforting
- Listen to music
- Go for a walk or a run
- Make a note of the negative thoughts you have

Useful contacts and websites:

Anxiety UK – www.anxiety.org.uk – helpline 0844477577

Mind Charity – www.mind.org.uk

Rethink Mental Illness - www.rethink.org.uk

Social Anxiety UK – www.social-anxiety.org.uk

Kothi – www.kooth.com

Young Minds – www.youngminds.org.uk