

Worries and Anxieties - Self help pack

What is anxiety?

Anxiety is the feeling of fear or panic. Anxiety is completely normal! It is something we all experience at some point. We might get anxious about a test at school or something new or unexpected. Anxiety helps us in knowing when something is dangerous or when we need to be careful. However, if anxiety gets out of control and stops you from doing everyday things it can start to become a problem.

Did you know?

Anxiety Disorders are some of the most common mental health problems. They affect 16% of people

When I feel worried

These are some of the changes that can happen when feeling anxious or worried about something.

In the body

- Heart beats faster
- Difficulty breathing
- Feeling hot or sweaty
- Butterflies in tummy
- Feeling sick
- Headache
- Dry mouth
- Need to go to the toilet

In the mind

- Feeling upset or depressed
- Feeling worried all the time
- Difficulties concentrating
- Difficulty getting to sleep
- Feeling tired
- Feeling irritable
- Feeling frightened

Different types of worries

Worries and anxieties are all different and people may experience anxiety in different ways. Here are some examples of different types of anxieties:

General anxiety

General anxiety is also referred to as General Anxiety Disorder (GAD). This is a feeling of being anxious about almost everything and anything. Someone with GAD might be feeling worried about multiple things such as school, home, friends. **GAD affects 1 in 25 people in the UK**

Separation anxiety

Separation anxiety is feeling anxious when a parent or caregiver is away. You might worry what will happen to them when they are away from you or be worried about being by yourself. It is normal for everyone to feel a bit upset when a parent or caregiver is away however when it starts to stop you wanting to be away from them completely, then it can begin to be a problem.

Phobias

Someone who has a phobia experiences a feeling of panic or nerve about a particular thing. Being faced with a phobia may make someone feel very anxious about the thing that they are afraid of. **Around 1 in 10 people experience a phobia in their lives.** Most people do not ask for help with their phobias however if it is affecting your life then it is a good idea to speak to someone about it.

- Social phobias – fears of being with other people
- Specific phobias – e.g. needles, spiders, going to the dentist

Top Tips

- Talk about it – speak to a friend, family member, GP
- Focus on the positives
- Breathe in and out slowly
- Take care of yourself
- Remember you are not alone
- Most importantly – if you feel like something is really bothering you ask for help

REMEMBER

- Anxiety is **NORMAL**
- Anxiety is adaptive
- Anxiety is not dangerous – it will eventually decrease

Getting Help

You should not feel like you have to deal with your anxiety or worries on your own. There are lots of people you can talk to and who can help you. Anxiety is treatable! Who should you speak to?

- Someone you trust!
- Family member or friend
- GP
- School nurse
- CAMHS worker
- Teacher

Helplines

Anxiety UK: 08444 775 774.

No Panic: 0800 138 8889

ChildLine: 0800 1111 (Freephone)

Websites

Young minds: www.youngminds.org.uk/young-people

ChildLine: www.childline.org.uk