

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Anxiety:

As humans, we **all** feel anxious or worried at times. Some common worries are:

- A test, exam or presentations
- Being scared or stressed about something
- Homework deadlines
- Arguments with friends or family members
- Being bullied
- Worrying about things in the news
- Starting a new school year or a new school

It's important to know that anxiety is a **very normal part of life!** It will also pass.

## What does anxiety feel like?

You might feel:

- Shaky, on-edge and nervous
- Panicky, tense, or fidgety
- Like your heart is beating fast
- That you have a dry mouth or feel sick
- Hot and sweaty
- Like something bad is going to happen

## What are some helpful tips to help me manage my anxiety?

- Talk to someone you trust—this could be a teacher, family member or your Eye to Eye school counsellor
- Spend time with those you find calming (pet's are great for this)
- Make a playlist of calm songs, or songs that make you feel happy
- Do things that make you feel relaxed... this might be colouring, painting, sports or even just watching something good on Netflix
- Write your worries in a journal
- Use some of the YouTube techniques in the resources aside—this calms our body down
- Make sure you are getting enough sleep and eating a balanced diet



[www.eyetoeye.wales](http://www.eyetoeye.wales)

## Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**ChildLine**

0800 1111

[www.childline.org](http://www.childline.org)

(online chat available)

**The Mix**

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

(online chat available)

**Kooth**

[www.kooth.com](http://www.kooth.com) (online chat)

## Helpful Resources

[Young mind: Anxiety](#)

[Box Breathing](#)

[CALM](#) (app)

[Headspace](#) (app)



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