

# Anxiety:

## Coping with Anxiety:

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

- a test, exam, or presentation
- 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

## Helpful Tips

- 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 (pets 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 below- this calms our body down
- Make sure you are getting enough sleep and eating a balanced diet



"Sometimes we all need someone to talk to"



### Helpful Resources

[Young Minds](#)

CALM (APP)

Headspace (APP)

[Box Breathing](#)

### Useful Contacts

#### Eye to Eye Counselling Service:

01443 202940

[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 available)

