



**Mental Health
Awareness Week**

15th - 21st May 2023



The theme this year is

ANXIETY

What is anxiety?

Anxiety is a feeling of unease, worry or fear




Anxiety is a normal human emotion, for example we all feel anxious before an exam, which usually goes away when the event has passed.

Anxiety becomes an issue when these feelings don't subside and a person feels constantly anxious, overwhelmed and stressed.




What does anxiety feel like in your body ?



A churning feeling in your stomach like butterflies

Feeling light headed and dizzy



Faster breathing and increased heart rate

Teeth grinding at night

Feeling sick

Sleep issues such as not being able to fall asleep or waking up early so feeling tired in the day.



What does anxiety feel like in your mind?

Feeling tense, nervous or unable to relax.

Overthinking about bad experiences or previous situations

Wanting lots of reassurance from other people or worrying that people are angry or upset with you.



Feeling like other people can see you're anxious and are looking at you.

Feeling like you can't stop worrying, or that bad things will happen if you stop worrying.

How to cope with anxiety

**Take deep,
slow
breathes**

Use your 5 senses
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

Talk yourself through it
– I can do this! It's ok to
feel anxious but I will do
this anyway!

Get some exercise – go
for a run or dance to
music – it releases feel
good hormones!



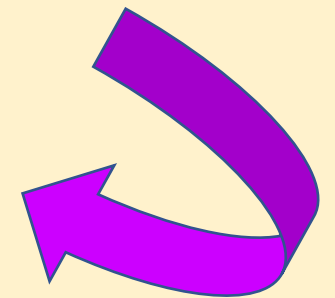
Face the situation – don't
wait for anxiety to go away.
The anxiety will lessen the
more you face your fears.

Think about a
person who
makes you feel
safe

What is a panic attack?

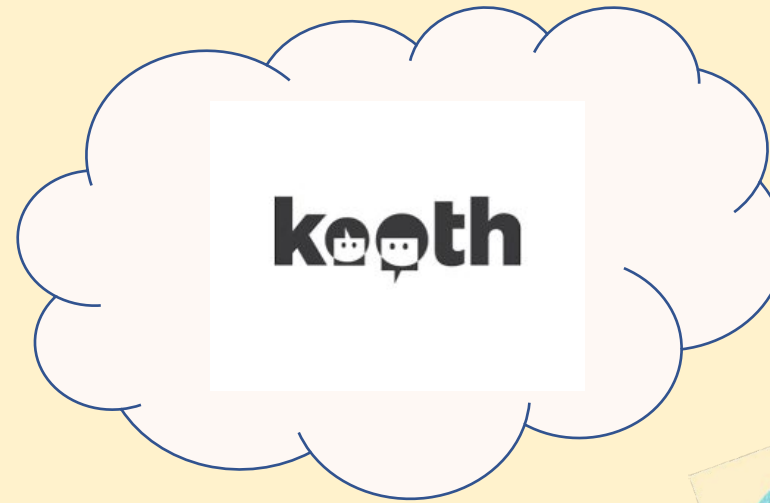


Watch
me!



Getting more support

If you feel that self-help strategies are not helping please reach out to your GP or school for more professional help.



These are agencies that work in school and can help with anxiety

