

All about...

# Anxiety



We hope the information we've provided here is useful. However, please remember that everything you read is supplied as information only and should never be taken as medical advice.

Instead, if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional.

## Introduction

Anxiety can be a feeling of fear or panic. Feeling anxious when there is a difficult situation is completely OK. These feelings should pass when the difficult situation is over.



## Information

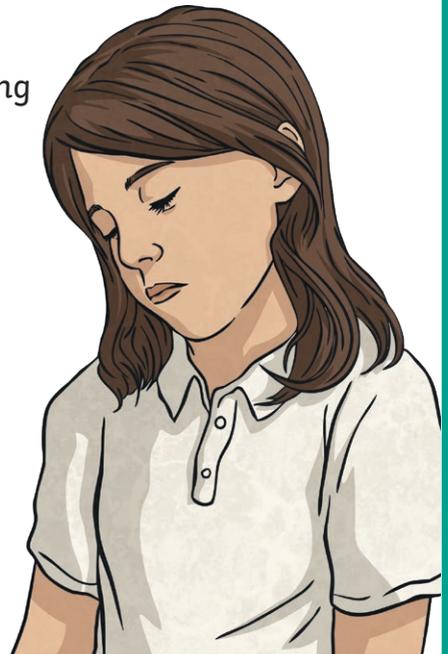
Lots of things can cause anxious feelings, like problems at home, school, work, meeting new people or worries about the world. Anxiety can become uncomfortable if it stays once the difficult situation has gone, or if the anxious feelings get worse. Anxiety is very common. 1 in 6 young people will be affected by anxiety at some point in their lives. Lots of grown-ups experience anxiety too.



## Signs You May Notice

Showing one or more of these signs sometimes means that a person is experiencing the uncomfortable feelings of anxiety:

- often feeling frightened, panicky or nervous,
- having an upset stomach,
- feeling dizzy, faint or shaky,
- not wanting to eat,
- finding it hard to sleep,
- finding it hard to concentrate,
- feeling tired and grumpy,
- always thinking that something bad is going to happen.



## Feeling Better

There are lots of things to try that may help a person who is affected by anxiety to feel better.

Talking about worries with a friend or adult can make them feel less frightening.

Doing things to relax, like listen to music or enjoying a hobby may make anxious thoughts feel less uncomfortable.

Long, slow, deep breathing can help to calm the body if it feels tense or shaky.



## Getting Help

If someone has anxious feelings for a long time, or the feelings become too much to cope with, it is really important that they speak to a grown-up they trust, like a teacher, a counsellor, a friend, a parent or a relative.

A trusted adult should be able to help the person seek advice from their doctor. The doctor might recommend help, such as counselling, therapy or medication to help the person feel better.

**Getting help is the first step towards feeling better.**



## How Can Friends Help?

There are lots of ways that friends may be able to help.

- Ask how your friend is feeling.
- Be there to listen – let them know that you take their worries seriously.
- Suggest speaking to a trusted adult and offer to go with them.
- Treat your friend with kindness and help them to feel good about themselves.



## **Additional Support:**

**Childline:** Support by email, chat or by calling for free 24/7.

**Phone:** 0800 1111

**Textphone:** 0800 400 222

**Website:** <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/about-anxiety/>

**Young Minds:** Information about anxiety in children and what you can do to help you feel better.

**Website:** <https://youngminds.org.uk/find-help/conditions/anxiety/>

**NHS:** Information and advice on signs and symptoms and where to go for help.

**Website:** <https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

**The Children's Society:** Information, advice and case studies.

**Website:** <https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/anxiety>