



How to help if you're experiencing anxiety



Anxiety is a feeling of fear or panic. We all get it from time to time when we try a new experience or things that are difficult. Anxiety is a normal fear response, like a built-in alarm. It helped us survive dangers in the past. But too much anxiety can make us avoid things, which can make it worse in the long run.

How anxiety may affect you

You might have different feelings and symptoms, such as:

1. **Feelings:** panic, frightened, worried, angry, nervous, embarrassed or overwhelmed. Behaviours: avoiding situations, withdrawing from social settings, biting nails, sleeping issues, tearful, struggling to concentrate, hyper-vigilant.
2. **Thoughts:** worrying that nobody likes you,
3. 'I can't do it', 'must do this', negative thinking.
4. **Physical signs:** frequent tummy aches/nausea, headaches, shaky hands, tense muscles, palpitations (heart-racing), wanting to go the toilet a lot, dry mouth/lump in throat feeling, jelly legs and butterflies in your stomach.

What you can do if you're experiencing anxiety

Feelings of anxiety are common, it's normal to worry about something, such as exams, for example, but once the difficult situation is over, you should feel better and calm down.

1. If the problem has gone but the feeling of fear or panic stays or even gets stronger, that's when anxiety becomes a problem. There are also some things you can do to help yourself manage your anxiety:
2. Make sure you're eating healthy meals regularly to ensure balanced physical and mental energy levels.
3. Talk to someone you trust about how you're feeling; a friend, family member, or at school find a teacher, mentor, counsellor or school nurse.
4. Re-focus your attention using music,
5. exercise, creative activities, fidget toys or stress relief aids.
6. Make sure you're getting enough sleep, try to avoid devices an hour before going to bed.
7. Try breathing in through your nose and hold for a count of four, then blow out slowly through your mouth as though blowing a feather across the room as slowly as possible.
8. Sometimes it's useful to visualise somewhere nice that makes you feel relaxed- beach, park, on holiday.

If you're still experiencing anxiety, it might be time to talk to someone at your school, your GP

Or, visit www.liverpoolcamhs.com/need-advice

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