

---

**“ Keep  
talking to  
someone ”**

## Useful Contacts

Anxiety UK  
tel: 0844 477 5774  
web: [anxietyuk.org.uk](http://anxietyuk.org.uk)

Anxiety Care UK  
tel: 07552 877219  
web: [anxietycare.org.uk](http://anxietycare.org.uk)

Childline  
tel: 0800 1111  
web: [childline.org.uk](http://childline.org.uk)

Off the Record  
tel: 0808 808 9120  
web: [otrbristol.org.uk](http://otrbristol.org.uk)

Kooth  
web: [kooth.com](http://kooth.com)

Visit your GP

Counselling Drop-in Thursday Lunchtimes  
SF5 1220 - 1300

---

## CONTACT

Academy Counsellor  
Katie Richards  
Room SF5

---

# ANXIETY MANAGEMENT

John Cabot Academy

---

## WHAT IS ANXIETY?

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something. Although we usually find it unpleasant, anxiety is related to the 'fight or flight' response – our normal biological reaction to feeling threatened

## WHEN SHOULD I SEEK HELP?

Because anxiety is a normal human experience, it's sometimes hard to know when it's becoming a problem for you – but if your feelings of anxiety are very strong, or last for a long time, it can be overwhelming.

For example:

- You might find that you're worrying all the time, perhaps about things that are a regular part of everyday life, or about things that aren't likely to happen – or even worrying about worrying.
- You might regularly experience unpleasant physical and psychological effects of anxiety (see table) and maybe panic attacks

## WHAT ARE THE SYMPTOMS?

Physical sensations:

- nausea (feeling sick)
- tense muscles and headaches
- pins and needles
- feeling light headed or dizzy
- faster breathing
- sweating or hot flushes
- a fast, thumping or irregular heart beat
- raised blood pressure
- difficulty sleeping
- needing the toilet more frequently, or less frequently
- churning in the pit of your stomach
- you might experience a panic attack

Psychological sensations:

- feeling tense, nervous and on edge
- having a sense of dread, or fearing the worst
- feeling like the world is speeding up or slowing down
- feeling like other people can see you're anxious and are looking at you
- feeling your mind is really busy with thoughts
- dwelling on negative experiences, or thinking over a situation again and again (this is called rumination)
- feeling restless and not being able to concentrate
- feeling numb

**If you experience anxiety, you might find that you identify with some of the physical and psychological sensations in the table above. Anxiety can feel different for different people, so you might also experience other kinds of feelings, which aren't listed here**

## WHAT IS A PANIC ATTACK?

A panic attack is an exaggeration of your body's normal response to fear, stress or excitement. It is the rapid build-up of overwhelming physical sensations, such as:

- a pounding heartbeat
  - feeling faint
  - sweating
  - nausea (feeling sick)
  - chest pains
- feeling unable to breathe
- shaky limbs, or feeling like your legs are turning to jelly
- feeling like you're not connected to your body

Most panic attacks last for between 5 and 20 minutes. They can come on very quickly, and your symptoms will usually peak within 10 minutes. The symptoms are not dangerous but can be very scary.

## WHAT CAN I DO ABOUT IT?

- Talk to someone. Sharing will lighten the load, and you may realise that you are not alone.
- Deep breathing will help with the physical side effects of anxiety and may stop your anxiety getting big.
- Challenging your thinking may help. From mountains to molehills. From irrational to rational.
- Don't avoid. Avoiding will make things worse in the long run.
- Seek help speak to the Academy Counsellor for more information.

## RELAXATION/BREATHING

Breathing:

Breathe in for 4 seconds, hold for 2 seconds, breathe out for 6 seconds. Repeat until you feel calmer.

Relaxation (Tense then relax):

Feet x 5 times, Abs x 5 times  
Legs x 5 times, Hands x 5 times  
Arms x 5 times, Shoulders 5 times

Downloadable Apps:

CATCH IT (to better understand your moods)

PACIFCA (anxiety and depression help)

CALM (meditation and sleep)