



# Coping with Anxiety

Anxiety is a feeling of nervousness which happens as a result of the fear of the unknown. When those anxious feelings start to impact on your life, your school work and your relationships, it may be time to look for some help.

Many things can lead to anxiety, but the most common amongst children and teens are

- setting high expectations - wanting to achieve high grades, beat the competition
- disapproval -from parents, friends
- past events - which may have been scary or threatening
- sexuality & gender identity

# What anxiety feels like

Anxiety can feel different for everyone. Sometimes it might feel like a ball in of thread knotted up in our tummy, or a heavy weight on your shoulders. It could feel like a buzzing in your head or an ache in your chest

## Physical signs of anxiety

- Stomach ache
- Headache
- Racing heart
- Sweaty palms
- Nausea
- Diahorrea

## Emotional signs of anxiety

- Negative thoughts
- Worrying over small things and fearing the worst
- Obsessive thoughts

## Behaviour changes

- Isolating from others
- Withdrawing from social situations
- Fidgety, agitated, restless
- Difficulty sleeping

# Ways to manage your anxiety



## Connect

Chat to a friend or family member  
Facetime or text someone

## Take Notice

Identify your triggers  
Keep a journal - list things you are grateful for, your feelings etc



## Give

A Hug  
A Smile  
A Compliment  
Your time  
Advice



## Be Active

Go for a bike ride  
Go for a walk  
Do some exercise  
Anything that gets your body moving