

When is anxiety OK?

Everyone feels anxious at some time, especially if it is something new e.g. exams, starting a new school, etc. This is ok and perfectly normal.

When is it not OK?

When your worries or stresses affect you on a daily basis and effects, school, family, friends, social life and stops you from doing things and living your life.



Thinking errors

Downers – focus only on negative things, overlooking or dismissing positives (negative glasses)

Blowing things up – negative things look bigger than they really are

Predicting failure – make us expect the worse

Feeling thoughts - strong emotions cloud how we think and see things

Blame me – feel responsible for everything that happens

We all make thinking errors; problem is when it happens regularly and prevents us from making good choices

What can we do to manage stress/ anxiety?

Take time-out. Do some yoga, listen to music, meditate, read or learn relaxation techniques. Stepping back from the problem helps to clear your head.

Eat well-balanced meals. Do not skip any meals. Keep healthy, energy-boosting snacks on hand.

Get enough sleep. When stressed, your body needs additional sleep and rest.

Exercise daily to help you feel good and maintain your health.

BREATHE! Take deep breaths. Inhale and exhale slowly. IN for 3, HOLD for 3 and OUT for 3.

Count to 10 slowly. Repeat, and count to 20 if necessary.

Do your best. Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

Welcome humour. A good laugh goes a long way.

Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Get involved. Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you.

Who can help?

HSIS Youth Workers work along side School Nurses and run weekly confidential drop in sessions in your school where you can come for support and advice on any issues affecting you.

We support young people with issues around: healthy relationships and sexual health, alcohol, stopping smoking, drugs, weight and lifestyle, and emotional health and wellbeing.

You can also access support from:

Action for Children

Response 0151 666 4123

Kooth.com

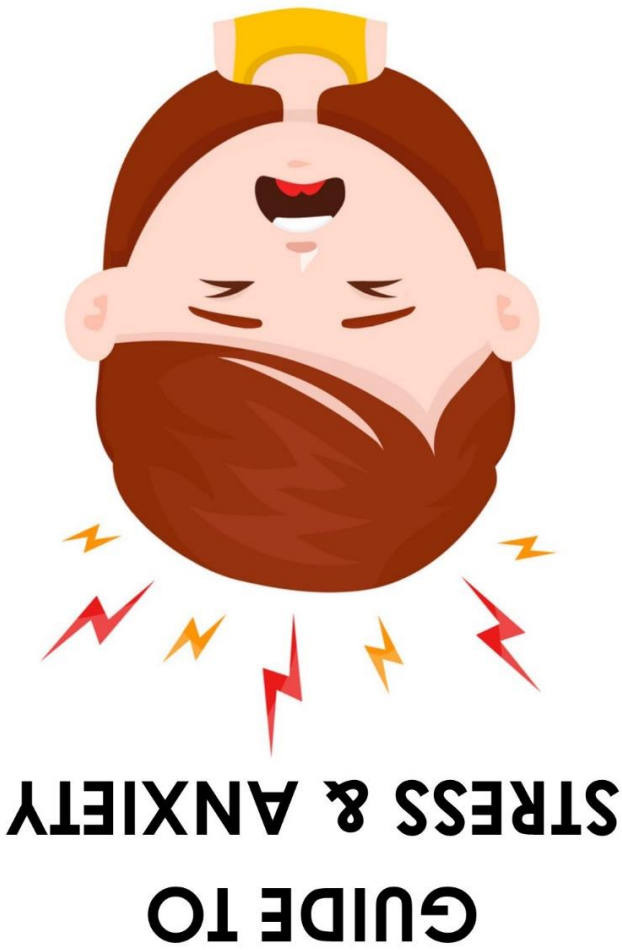
Wirral Youth Hubs and Clubs

Young Minds

Open Door Centre

Proud Trust

The Mix



GUIDE TO STRESS & ANXIETY

HEALTH SERVICES IN SCHOOLS

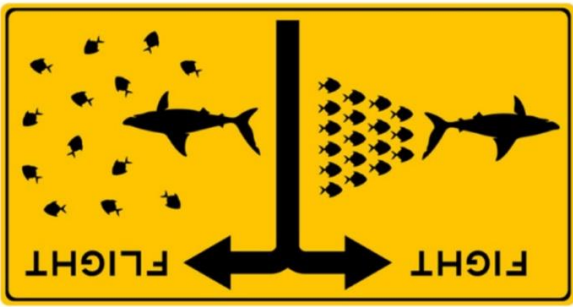
YOUTH WORKERS
HSIS

What actually is stress and anxiety?

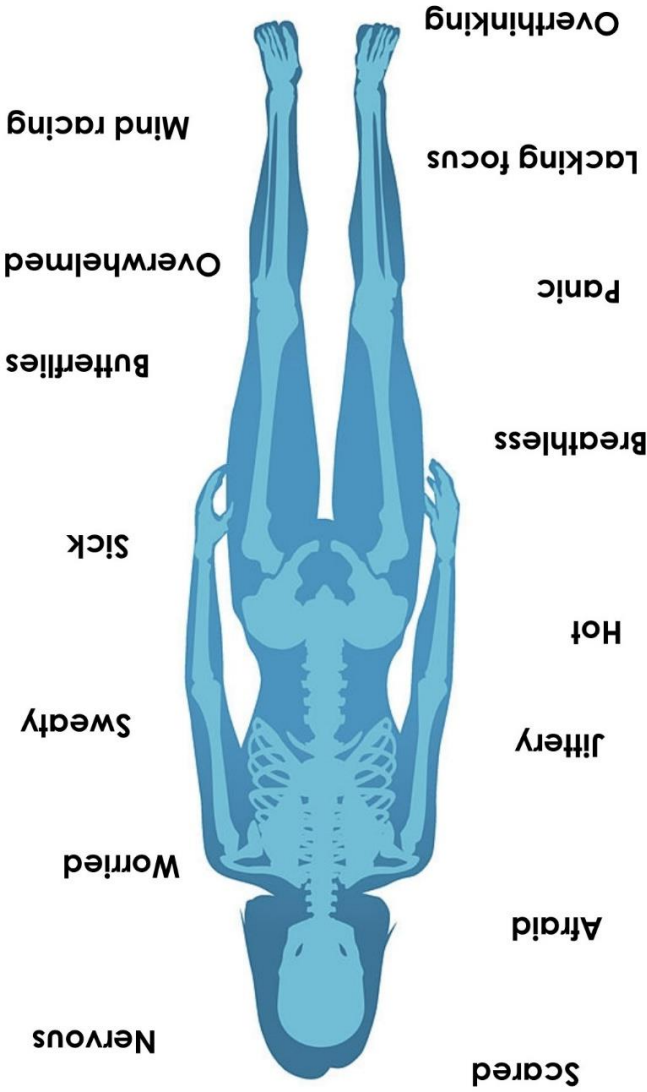
They are states of mental or emotional strain or tension resulting from difficult or demanding circumstances. It describes the uncomfortable feeling you get when you are thinking or facing a difficult problem Anxiety is not a bad thing, it is just your body's way of letting you know you're bothered by something or even frightened. It usually involves the person over thinking the situation and what can start off as a small thought can end up becoming a big problem that causes them lots of uncomfortable feelings and behaviours

Why do we get stressed?

When our body recognises a threat and we need to act quickly we have a natural "kick start" chemical called Adrenaline. Sometimes this can make our legs feel wobbly or our arms & legs feel shaky. The pumped blood raises our temperature and can make us feel sweaty or faint. Sometimes this can make us feel dizzy or sick but it passes quickly and soon returns to normal. This is called "fight or flight"



How it makes you feel?



There are many reasons why someone may become stressed or anxious. It's important to recognise how you are feeling so you can do something about it.