

# Happy Well-being Wednesday!



## What is anxiety?

Anxiety is a feeling of unease, like a worry or fear, that can be mild or severe. Everyone feels anxious from time to time and it usually passes once the situation is over.

It can make our heart race, we might feel sweaty, shaky or short of breath. Anxiety can also cause changes in our behaviour, such as becoming overly careful or avoiding things that trigger anxiety.

When anxiety becomes a problem, our worries can be out of proportion with relatively harmless situations. It can feel more intense or overwhelming, and interfere with our everyday lives and relationships.

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## Signs of anxiety

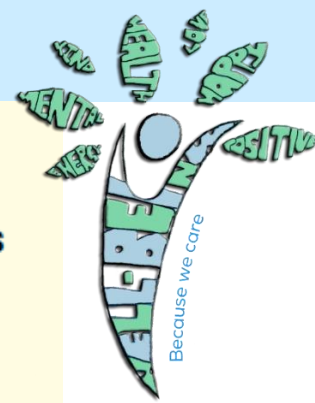
Anxiety can show in a variety of ways. This can be as changes in your body, in being constantly worried or changes in your behaviour, such as becoming overly careful or avoiding things that trigger anxiety.

You may:

- feel tired, on edge, restless or irritable
- feel a sense of dread
- be unable to concentrate or make decisions
- have trouble sleeping
- feel sick, dizzy, sweaty or short of breath
- be shaky or trembly
- get headaches or tummy aches
- avoid situations or put off doing things you are worried about
- have difficulty falling or staying asleep
- experience a noticeably strong, fast or irregular heartbeat
- have pins and needles
- have a dry mouth
- sweat excessively
- repeatedly check things or seek assurance from others



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## Top tips to cope with anxiety



### Shift your focus

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment. Give it a go, and try to make it a regular thing if you find them helpful.

[Try NHS-recommended relaxation exercises](#)



### Try self-help CBT techniques

Our short video guides and practical strategies can help you deal with worries, anxiety and unhelpful thoughts, work through problems in new ways and build resilience.

[Self-help CBT techniques](#)



### Understand your anxiety

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.



### Make time for worries

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things. Watch the video for more advice.

[Video: Tackle your worries](#)



### Face the things you want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.



### Look at the bigger picture

If we feel anxious about a situation, we might get stuck on the details and stop seeing things rationally. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan. What advice would you give to a friend or family member?



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[https://www.youtube.com/watch?v=ttHu\\_N-zAnQ](https://www.youtube.com/watch?v=ttHu_N-zAnQ)

# Useful helplines



**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

**0800 58 58 58**

**WEBCHAT**

<https://www.thecalmzone.net/>

**childline**

**Call 0800 1111**

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

**shout**  
**85258**

TEXT 'SHOUT' TO

**85258**

here for you 24/7

<https://giveusashout.org/>

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**HOPELINEUK**  
0800 068 41 41

<https://www.papyrus-uk.org/>

**SAMARITANS**

**Call 116 123 for free**

<https://www.samaritans.org/?nation=scotland>

**Anxiety UK**

**03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)**

<https://www.anxietyuk.org.uk/>

A useful website to use → <https://www.nhs.uk/every-mind-matters/urgent-support/>

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Where to get help if you need support in school:

@RPCC there is so much support.

- Tutors
- Head of year support
- Heads of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

