

ANXIETY

Anxiety is normal and can happen to anyone.

Anxiety can have a really positive effect (such as when doing exams). However, it can become unhelpful when it reaches a tipping point, affecting our education or relationships.

What to look out for

Anxiety is not just inside someone's head; there are very real physical symptoms too. These are caused by the adrenaline response (also known as fight or flight). Symptoms might include:

Appearing more on edge than normal

Becoming overwhelmed

More emotional

A change in appetite

Feeling shaky

Problems concentrating

Tiredness

How We Can Respond

- Model calm – be calm ourselves
- Ask them what will help them feel more distracted in that moment and become more grounded
- Help them learn some techniques of their own such as [breathing techniques](#)
- Get them to think about self-care ideas they would enjoy
- Encourage them to talk to someone they trust

If someone is struggling or in panic:

Let them know they're not alone
Tell them the feeling will pass
Go for a walk

Help them to feel safe
Be there to listen
Provide a glass of water

These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead.