

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 yourself
- Get them to think about self-care ideas they would enjoy
- Encourage them to talk to someone they trust
- Signpost to student services

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 always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.



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