

Getting support for anxiety

If you find that your anxiety is persistent and is making everyday life difficult, it's a good idea to look for professional help.



We offer free counselling for people aged 11-25. Find out more at www.everyturn.org/cyp

You could also visit your GP for advice about local services that might be able to help you.

Other ways to reduce anxiety

A good way of reducing the physical symptoms of anxiety is to try some relaxation exercises. You can also learn breathing techniques to relax your muscles. There are lots of online resources to help you do this (see below).

Other ways to relax can be doing something that helps you to feel calm, like listening to music, going for a walk, or seeing friends. Doing some exercise is also a great way to release anxiety and built-up frustrations.

Other useful websites:

- www.mind.org.uk
- www.youngminds.org.uk
- www.nhs.uk
- www.anxietyuk.org.uk



Get more information

If you'd like more information about our services (including drop-in mental health support at Nook Newcastle and Gateshead) visit our website:

www.everyturn.org/cyp

Get in touch with us if you'd like to speak to someone about which support might be right for you:

Tel: 0191 217 3222

Email: CYPadmin@everyturn.org

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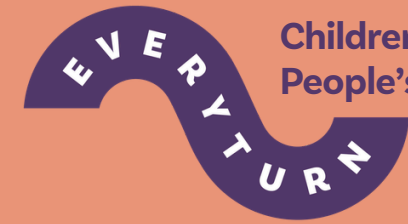


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People's Services

Guide to anxiety

For people aged 11-25



What's anxiety?

When the world around us seems frightening or uncertain, we experience a bodily response which is known as anxiety. Anxiety is usually triggered by things like problems at home, school or work.

We all feel anxious at different times in our lives, but sometime our worries can start to feel overwhelming.

Anxiety can also be caused by stressful life events like family problems or family breakdown, separation, illness, loss of a parent or a close person, or another traumatic experience

Sometimes the symptoms are so strong that you might worry you're having a heart attack or another serious illness. This can then make you feel even more anxious, which can feel like a vicious cycle.

Remember:

Anxiety doesn't cause heart attacks or mental illness.



What does anxiety feel like?

Symptoms can vary, but here are some common ones.

Physical symptoms

- Tense muscles, ready for action
- Heart beats faster
- Breathing faster
- Sweating
- Dry mouth
- Butterflies in your tummy
- Headaches

Feelings or emotions

- Feeling wound up or agitated
- Feeling irritable
- Feeling out of control or unable to cope
- Feeling threatened or embarrassed
- Feeling tense or fidgety



Understanding anxiety

Trying to understand when you become anxious can help you to understand your anxiety.

Using a diary to record when you feel anxious and what causes it can really help. Is it related to certain situations, places, or people? Is it worse at particular times of the day?

A problem-solving approach

If your anxiety is caused by a problem, trying to tackle the problem can help to stop the anxiety.

For example, if you feel anxious around a person in your class who's bullying you, taking steps to address the problem will help. This could include:

- Talking to your school counsellor or someone you trust, who can help with how you're feeling.
- Talking to a teacher can help you sort the situation practically (e.g. by addressing the issue with the other student, or changing your lesson plan).
- Spend your break times at school with your friends so they can support you.

**The most important thing
is getting the support you need!**

