

ANXIETY HACKS

IS IT JUST ME?

It may feel like you are the only person that feels anxious, but actually it is an emotion that we all feel. Sometimes though, it can be overwhelming and get in our way.



SO WHY IS THIS HAPPENING?

We have a part in our brain called the **amygdala**. It is like a fire alarm that goes off in our brain when it thinks something is a threat to us. It sends signals to the rest of our body to prepare for the perceived threat. When the amygdala goes off it stops the **prefrontal cortex** (the thinking part) of our brain from functioning properly. Our brain does this to keep us safe from harm and allows us to react to the threat (fight it, get away or freeze). Sometimes though our amygdala can get things wrong and it can perceive things to be a threat when they are not. This is when anxiety can become difficult to manage and gets in our way.

TAKE SOME BREATHS

BOX BREATHING
IN FOR 4
HOLD FOR 4
OUT FOR 4
HOLD FOR 4

REPEAT AS MANY
TIMES AS YOU NEED

CREATE YOUR
OWN
SOOTHING AND
RELAXING NIGHT
TIME ROUTINE.
USE
OUR SLEEP GUIDE
TO HELP YOU

GET ACTIVE. PHYSICAL ACTIVITY
CAN REALLY HELP WHEN WE ARE
FEELING WORRIED OR
ANXIOUS. IT COULD BE
WALKING, FOOTBALL, DANCING,
FOLLOWING A WORKOUT VIDEO
OR ANYTHING ELSE THAT GETS
YOU MOVING.

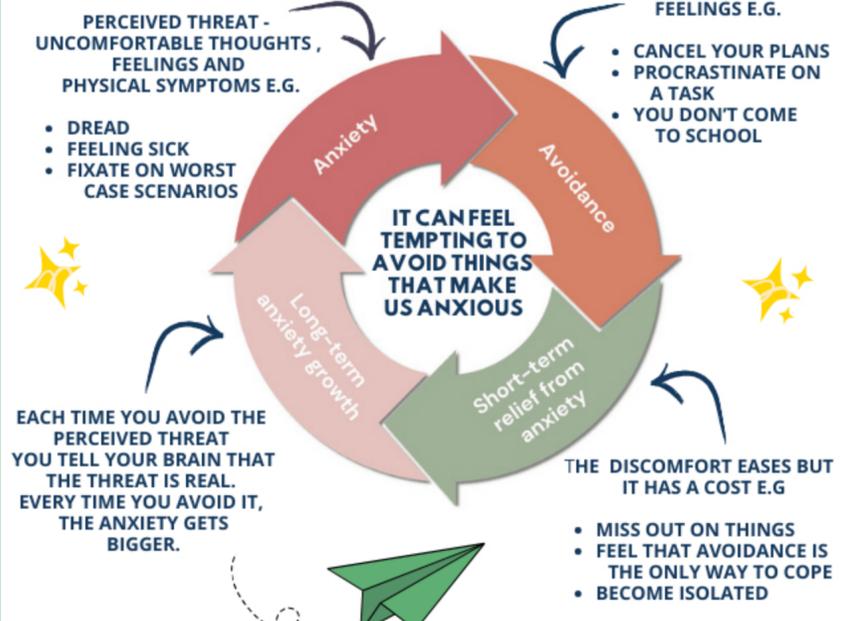


QUESTION YOUR THOUGHT
PATTERN. USE OUR
POSITIVE MINDSET GUIDE TO
HELP YOU REFRAME YOUR
THINKING

JOURNALING
CAN HELP TO GET
DIFFICULT
THOUGHTS OUT.
YOU COULD DO
THIS IN A
NOTEBOOK OR
ON YOUR PHONE

WORRYING CAN TAKE OVER OUR
DAY. IT CAN BE HELPFUL TO
SCHEDULE A TIME FOR WORRYING
EACH DAY. IT SHOULD BE FOR
NO MORE THAN 15 MINUTES. IN
THE DAY WRITE DOWN ANY
WORRIES THAT COME UP, CARRY
ON WITH YOUR DAY AND THEN
LOOK AT THEM AT WORRY TIME.
DO THEY STILL MATTER? CAN YOU
ACTION THEM?
ARE THEY IN YOUR CONTROL?

THE AVOIDANCE CYCLE...



UNDERSTANDING MYSELF

Knowing if there are any triggers that cause you to feel anxious can be helpful. You may want to keep a log on your phone or in a notebook of times that you have felt anxious and what was happening. You then may be able to spot patterns and you could also share your log with a trusted adult so that they can better understand.

WHO CAN SUPPORT ME?

If things are feeling overwhelming or you need support, reach out and talk to someone.

You may feel that you need help from a trusted adult. That could be someone at home, a member of school staff, social worker or a helpline. Text 'SHOUT' to 85258. Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support.

Often the thought of something is worse than the reality