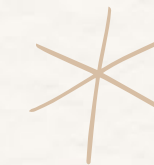
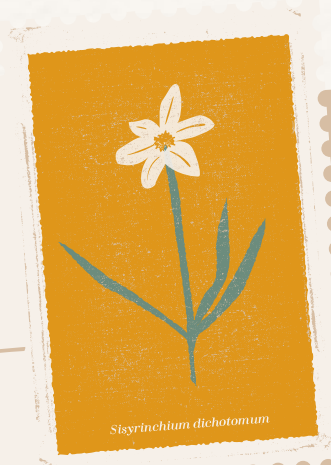


Anxiety





What is anxiety?

- It is the unpleasant feeling to describe the way our mind and body reacts to a threat.
 - This could be an actual physical threat, eg being challenged to a fight, or what we think is threatening, eg having to give a presentation and fearing everyone will judge you.
-

Fight, Flight and Freeze



Our brain sends a signal to our body that we need to:

- Fight the threat,
- Run away from the threat,
- Or stay still/‘play dead’ in the hope the threat will pass

The subconscious threat response

Fight



THE DOG WHO STARES AND
GROWLS, READY TO ATTACK

Flight



THE CAT WHO FLEES THE
SCENE

Freeze



THE DEER WHO STANDS
MOTIONLESS

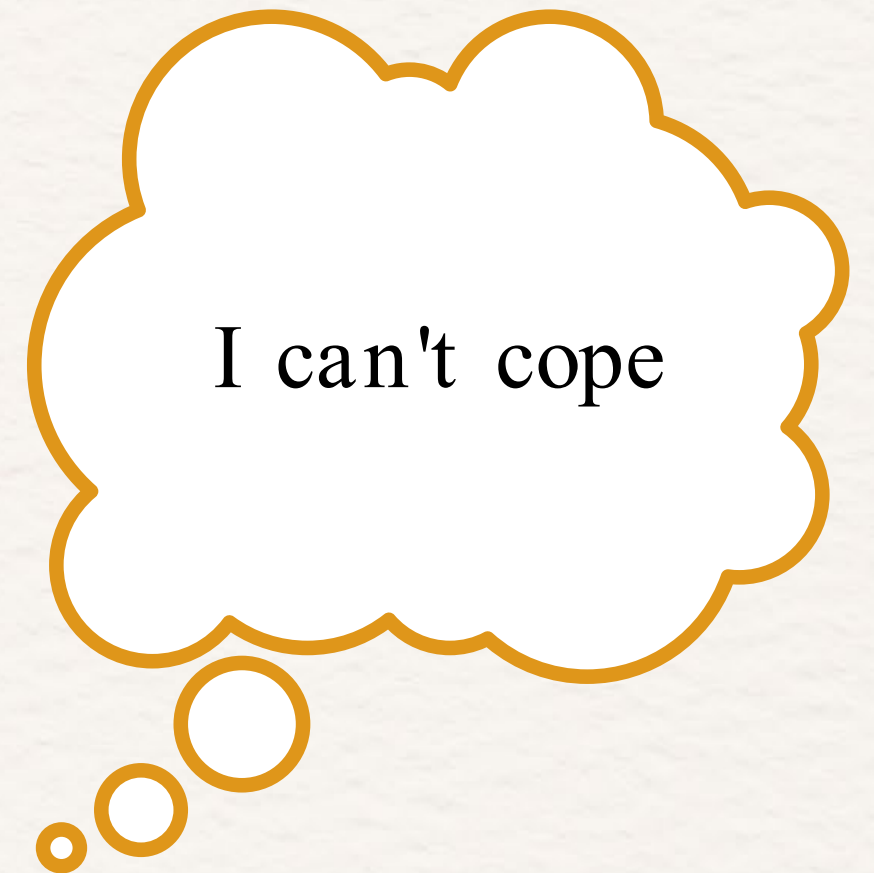
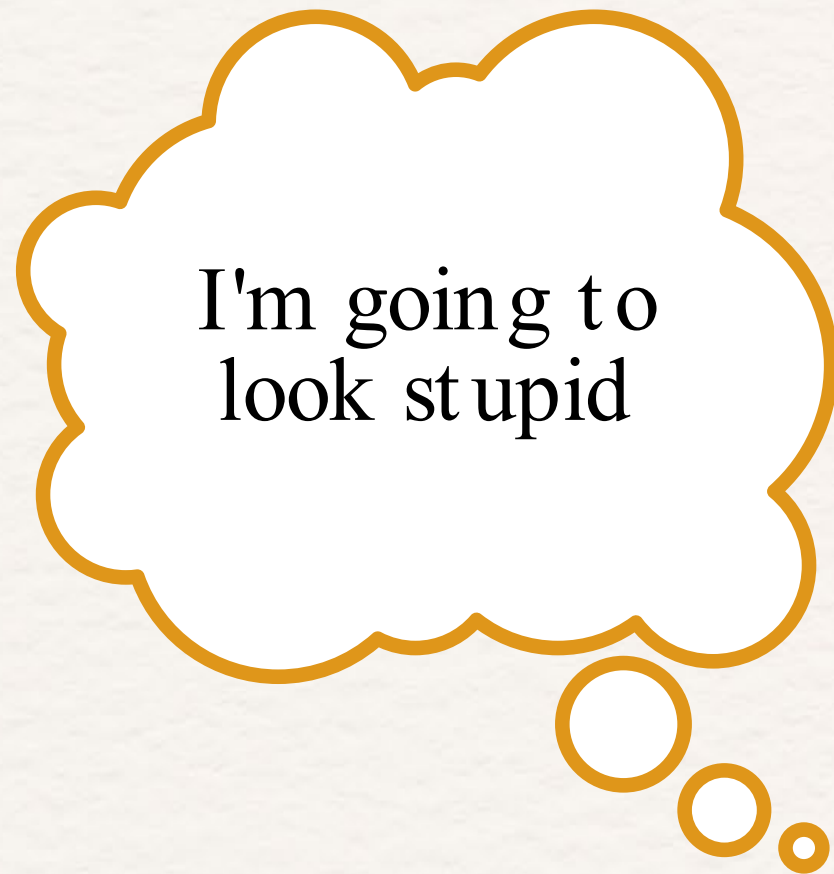
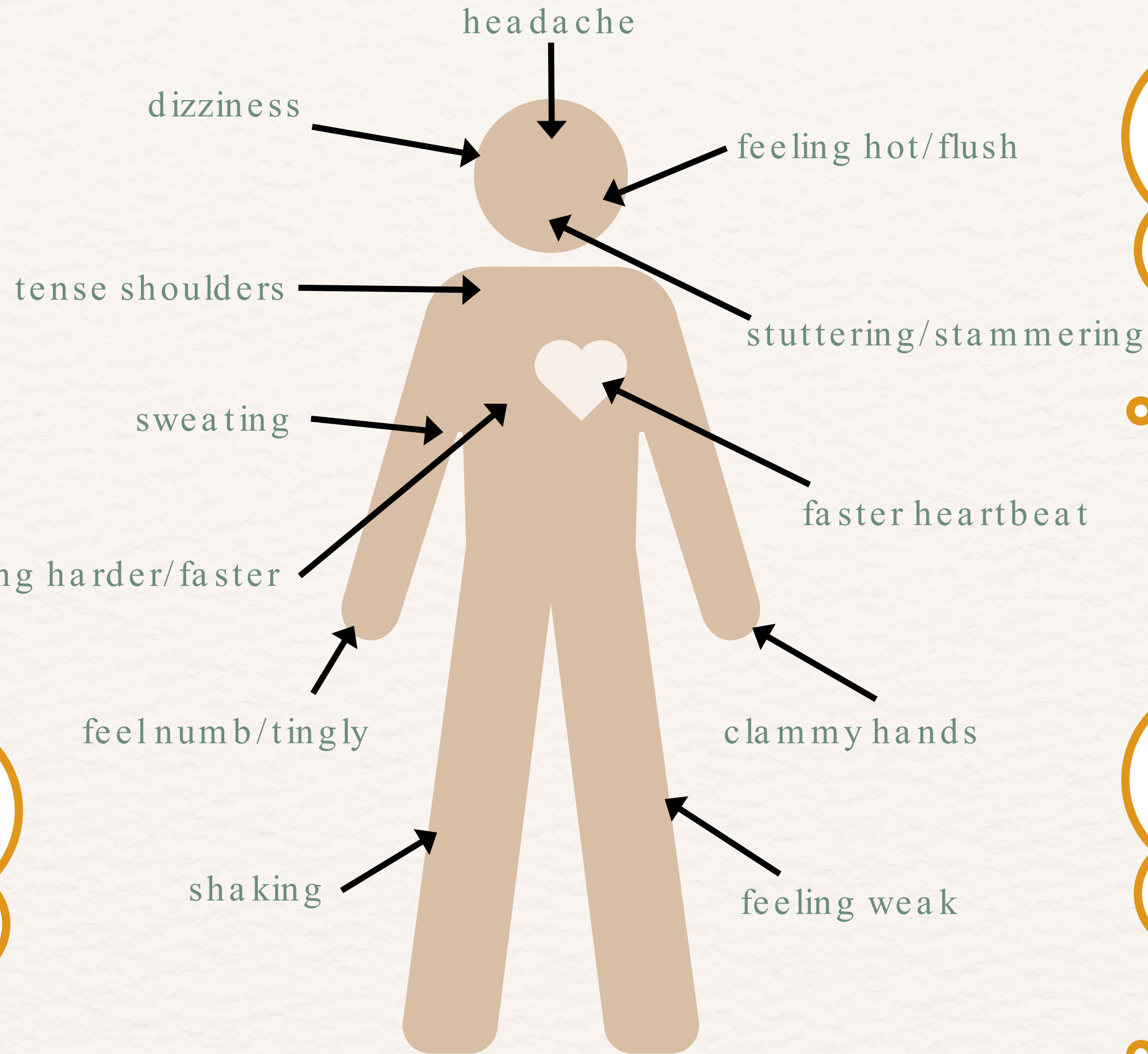
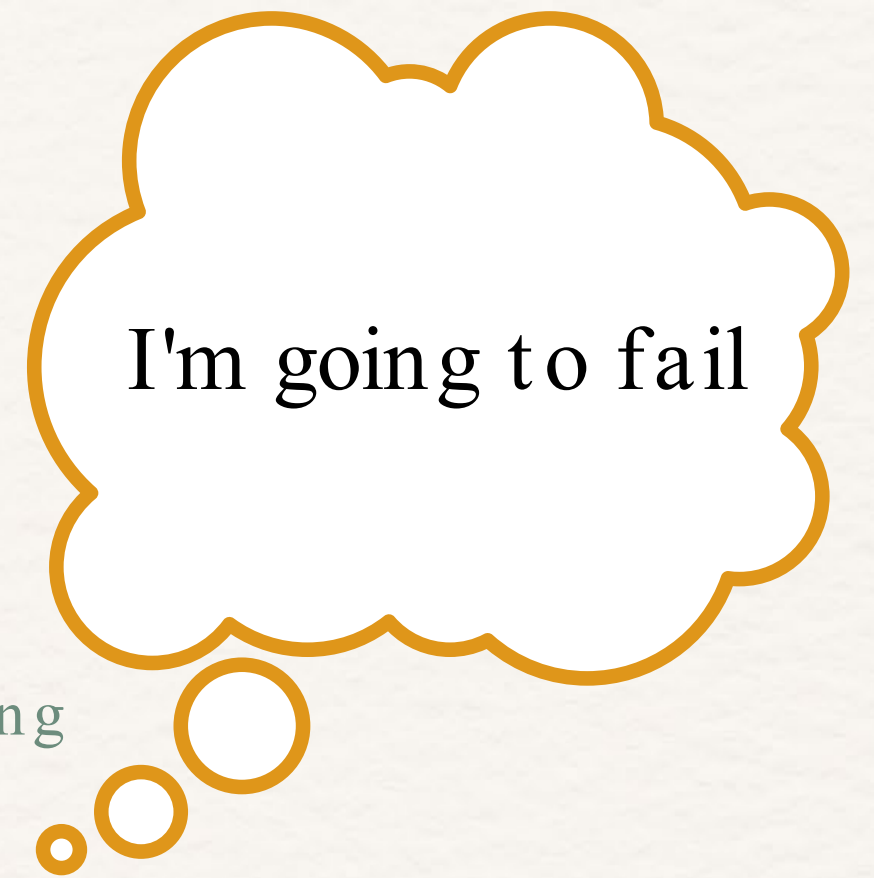
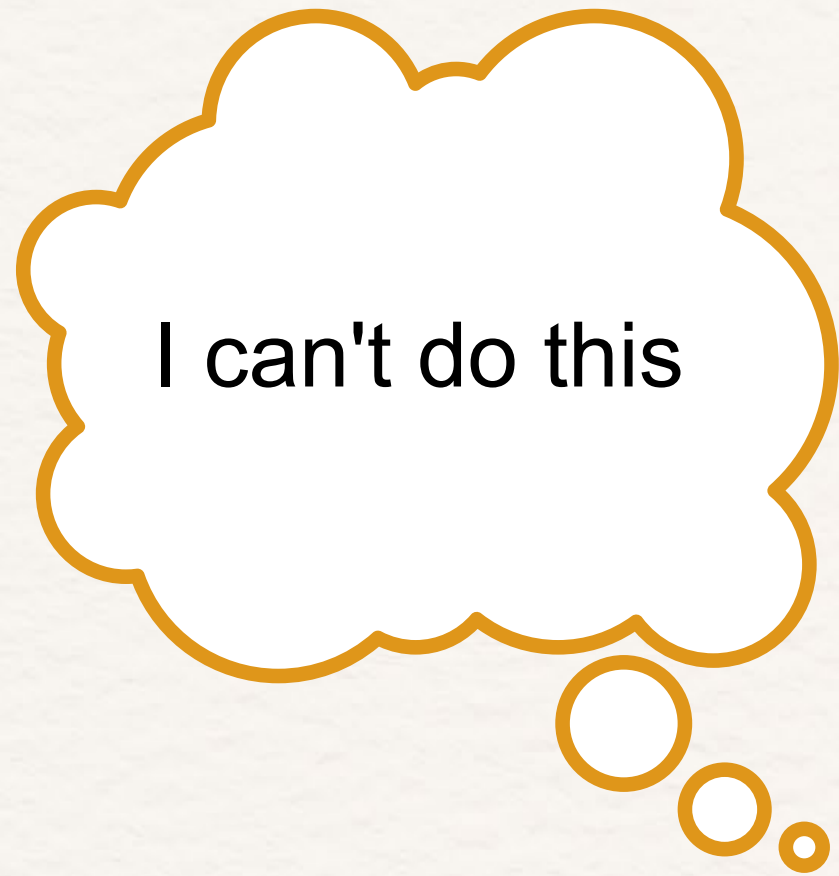


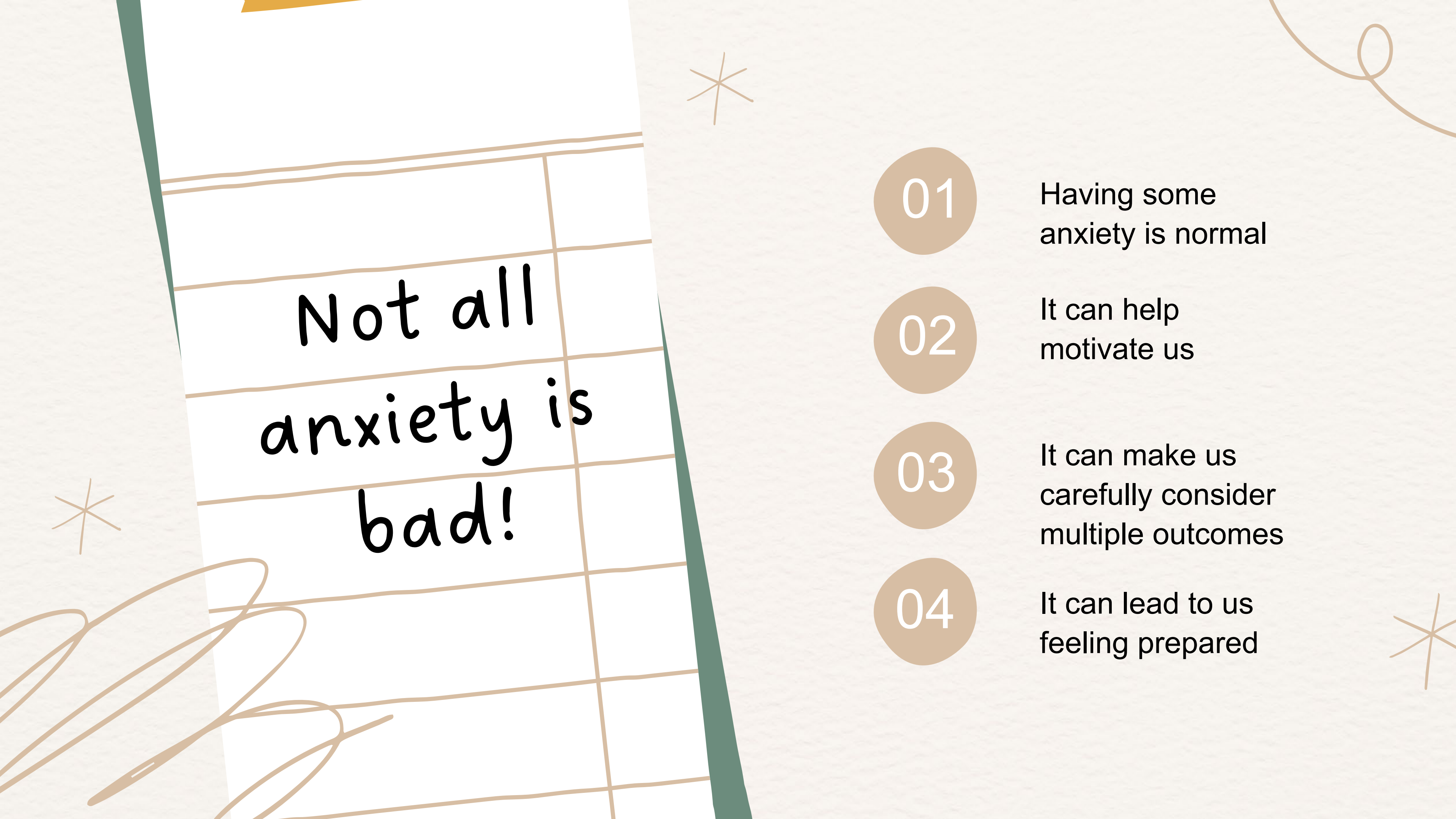
We rarely face the kind of threat to our life that wild animals do!

Yet when we are stressed, our brain believes we are in danger
(most likely social embarrassment or shame) and reacts
using the same physical symptoms as it would if death is
imminent



**What can anxiety feel and
sound like?**





Not all
anxiety is
bad!

01

Having some
anxiety is normal

02

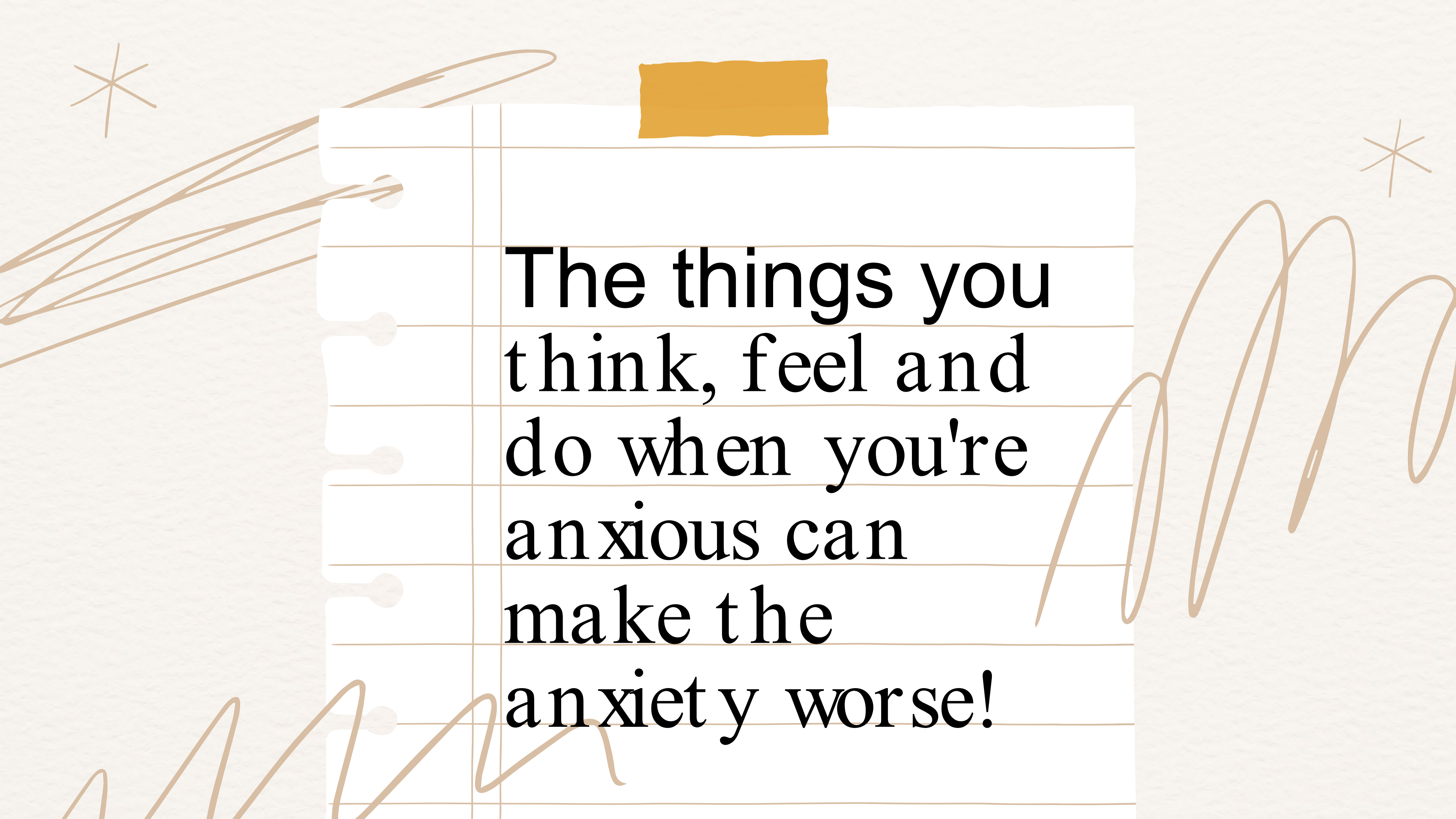
It can help
motivate us

03

It can make us
carefully consider
multiple outcomes



04

It can lead to us
feeling prepared




The things you
think, feel and
do when you're
anxious can
make the
anxiety worse!


Unhelpful things




Avoid things that
might make you
anxious




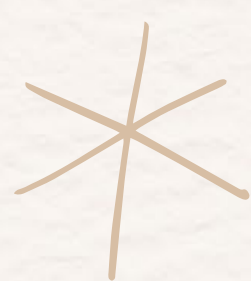
Find it hard to relax



Feel irritable or
angry



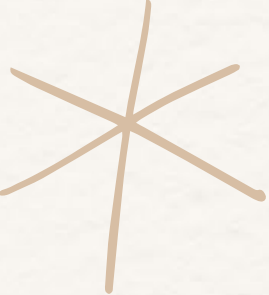

avoid people or
things you would
normally enjoy as
they feel less fun








Although it does affect our thoughts, anxiety is experienced very physically

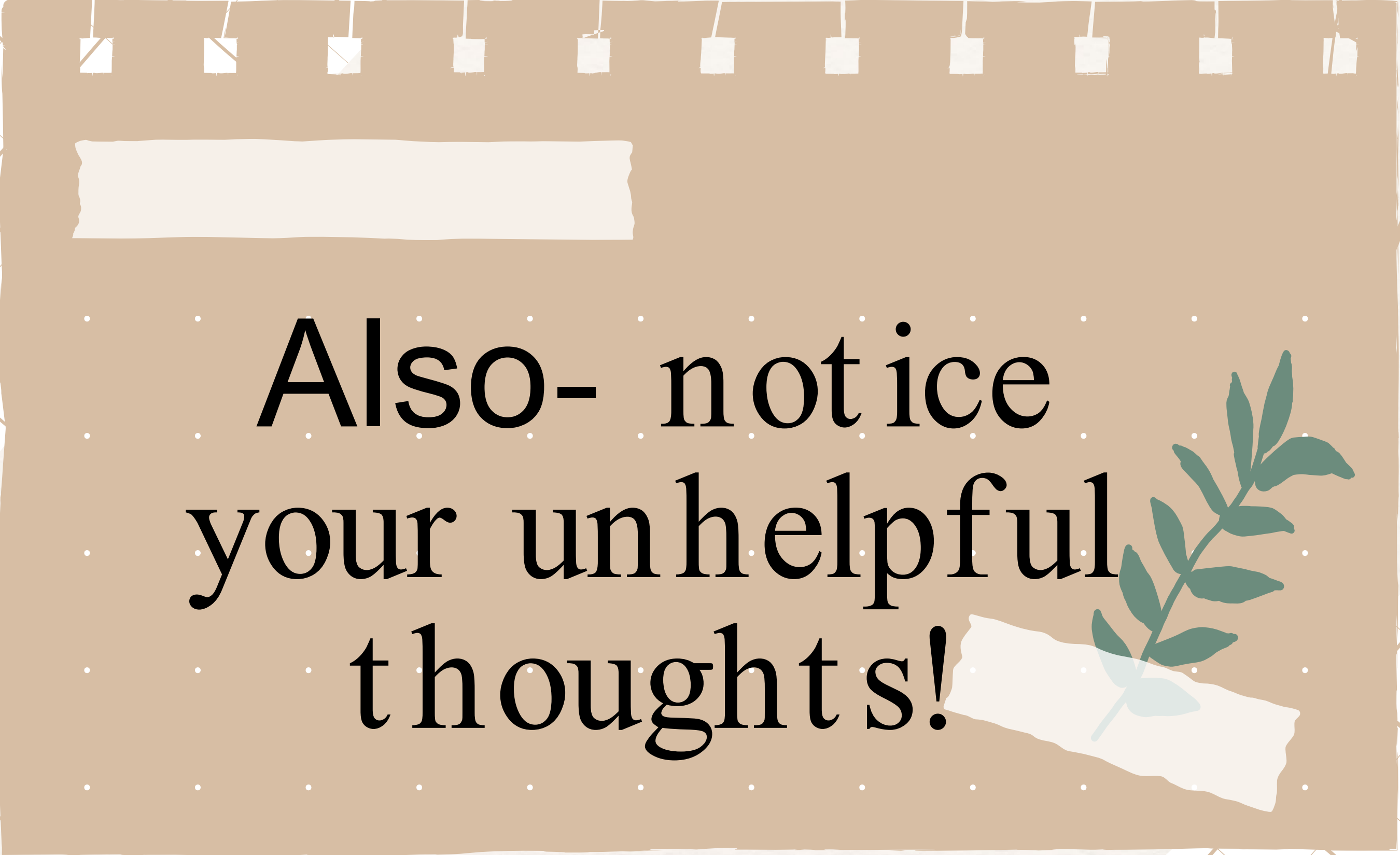
So we need to get into our bodies to address it!



Purposefully connecting our body to our brain automatically soothes our nervous system and reduces the threat response

Examples

- Cold - water/air/shower!
 - The Bear Hug
 - Arm squeezes
 - Palm pushes
 - Wall pushes
 - Tensing muscles
 - Rhythmic movement– rocking/beating a drum/bouncing a ball/tiptoeing/stamping
- 
- 
- 



Also- notice
your unhelpful
thoughts!

Catastrophising

- when anxiety makes you feel like something that happened is far worse than it really is

- example: "I didn't get the grade I wanted - I am going to be a total failure in life"

example: "I think I upset someone by what I said today - they will hate me and never speak to me again"

Black and white thinking

- thinking in absolutes and extremes - there is no 'in between'
- example: "I failed that mock exam - I am going to fail all of my GCSEs"
- example: "I have to do this right or not do it at all"

Emotional reasoning

- treating emotions as if they are facts
- example: "I feel nervous - that means something bad is going to happen"
example: "I feel embarrassed so I must be an idiot"

Must and should statements

- People often live by fixed rules for themselves about what they “must” do and how they “should” feel, and judge themselves harshly if they don’t meet these expectations
- example: "I should have done better" and "I must get above a grade 7"
example: "If you are my friend, you shouldn't leave me on read"

Ways to feel calmer

Breathing exercises 7/11 and balloon belly

Grounding exercises 5,4,3,2,1 and FOFBOC

Visualisation– safe place

Apps- Clear Fear and Think Ninja



Remember!

All of these strategies
**TAKE TIME &
REPETITION** to be
effective – like learning
to ride a bike, **practice
makes progress !**

