

WHO TO CONTACT IN YOUR AREA IF YOU FEEL YOU NEED SOMEONE TO TALK TO OR FURTHER HELP

Lowdown (Northampton)
01604 634385

Kettering
01536 510089

Time 2 Talk (Daventry & Towcester)
01327 706706

Service Six (Wellingborough)
01933 226615

Green Door (Corby)
01536 200520

CHAT (Peterboro)
01832 274422

Childline
0800 1111 or 0207 239 1000

Samaritans
08457 90 90 90

Useful Websites:

Child Line
www.childline.org.uk

Kidscape
www.kidscape.org.uk

Young Minds
www.youngminds.org.uk



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county
council



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Hospital and Outreach Education
Cromwell Centre
Cromwell Street
Northampton
NN1 2TE

Tel: 01604 239730

This information can be made
available in other languages
and formats such as large print.
Call 01604 236236 for information.

Published August 2006

 Northamptonshire
County Council

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**ANXIETY –
TACKLING IT TOGETHER**

**INFORMATION FOR YOUNG PEOPLE, PARENTS,
CARERS, TEACHERS AND OTHER PROFESSIONALS.**

TEL – 01604 239730

WHAT IS ANXIETY?

Fear, anxiety or worry is such a normal part of our human experience that we rarely stop and think about it. If there is a sudden noise we will all feel startled.

Indeed, lower levels of anxiety (or higher ones that are temporary) are useful to us. They cause our bodies to release a quick burst of the chemical adrenaline that produces extra energy, more muscle power and speeds our brain up. This can help us in things like school tests or escaping from physical danger.

When anxiety starts to last beyond short-lived experiences and begins to interfere with everyday life, we need tools to understand what is happening and to deal with these anxieties. This leaflet is designed to do just that!

Anxiety can be seen as having four main parts.

1. The first is the emotional part. This may be one of overwhelming fear. Often when dealing with anxiety it is also common to have feelings of anger, sadness, shame or guilt.
2. The second part is the physical effects part. This includes body signs such as sickness, sweating, shaking, dry mouth and the need to go to the toilet.
3. The third part is the thinking part or anxious thoughts. This may include detailed mental pictures of an awful event, or it may be a thought that you cannot cope or you aren't good enough.
4. What we do in response to these different parts forms the behavioural part. This includes everything from refusing to speak through to not wanting to go to school, running away or self-harm.



YOU CAN HELP YOURSELF

Facing up to your worries, at your own pace, is a crucial part of overcoming them. It is worth trying some of the following techniques to see if they help to lessen your anxieties

Tell someone

If you are feeling very anxious, tell someone how you feel and try to explain why. Choose a parent, a trusted friend, a teacher or another member of school staff who you get on well with. If you would rather not talk to someone face to face, you can phone one of the numbers on the back of this leaflet or try one of the listed websites.

Relaxation

All those physical symptoms you experience when you are feeling anxious can be helped by relaxation, but this needs practice. If you can, close your eyes and breathe slowly in through your nose and blow out gently through your mouth. Try to breathe deeply from your stomach. Say the word 'calm' to your self each time you breathe out.



Controlling rapid breathing

Sometimes when we are anxious, it makes us breath quickly which can make you feeling dizzy and faint. It may start with you feeling a tightness in your throat. If you can recognise when you think you are going to start breathing quickly, try to find a quieter place to concentrate on your breathing. Drop your shoulders and try to breathe from your stomach. Put your hands over your mouth like a mask. Breathe in for a count of 4, then blow out for a count of 4. Try to imagine that as you breathe in you are climbing up the side of the hill, then when you breathe out you are coming down the other side

Distraction

Think of another activity you could do to take your mind off your anxiety. Physical activity is a good way to lessen your levels of anxiety and if you belong to a club, that can be social as well.



Sleep well and eat well

Get into a good bedtime routine go to bed at a reasonable time. Make sure you get up with your alarm whatever sort of night you have had. Don't skip meals, and eat healthily.