

Anxiety

Everyone feels worried sometimes. But for someone with anxiety, these feelings can stick around and make life really hard

Anxiety is when feelings of fear or worry don't go away. Anxiety is a problem when it gets in the way of:

- Everyday things like talking to people or going new places
- Being around friends or family
- Going to school
- Doing fun things



People with anxiety might have
some of the following feelings:

Fear that bad things will happen

Nervous or on-edge all the time

Panic or feeling 'out of control'

Fearful or scared of going places
or doing things



Your body might act in certain ways if you are anxious:

Trouble catching your breath

Pounding heart

Dizziness, headaches

Sweating

Trouble sleeping

Trouble concentrating

Feel tense or sore

Feel tired or very awake



You might even get a panic attack.

Panic attacks are a type of fear feeling. It is when your body overreacts to normal feelings of stress or excitement.

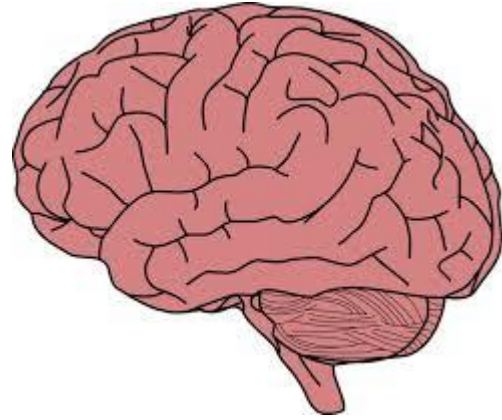
During a panic attack, your body can start doing odd things really quickly which leave you feeling rubbish. You might feel:

- a pounding or racing heartbeat
- feeling faint, dizzy or light-headed
- feeling very hot or very cold
- sweating, trembling or shaking
- nausea (feeling sick)
- pain in your chest or abdomen
- struggling to breathe or feeling like you're choking
- feeling like your legs are shaky or are turning to jelly
- feeling disconnected from your mind, body or surroundings
- feeling like you are going to die

These feelings are real but they won't hurt you. They can feel pretty awful though!



Our brain sometimes tricks our body into believing that it is in danger, even though it is not! So a panic attack is really just our body preparing to deal with a threat that isn't there.



All of those body changes -- which happen in an instant -- give you the strength you need to deal with a dangerous situation that your brain has tricked your body into believing is real!



The most important thing to do during a panic attack is to tell yourself that although you feel horrible, the feelings will pass and won't hurt you. You have to reassure your brain that there isn't anything to be worried about!

The next thing to do is to focus on calming your breathing. This will help send signals to the rest of your body that everything is ok and that it can calm down too.



8 breathing

Put your hand on your tummy and breathe in deeply for 4 seconds. You should feel your chest expand and move as you breathe in.

Hold the breath for 7 seconds; this is the tricky bit!

Breathe out very slowly for 8 seconds. As you do this imagine you are letting all of the air out of your body. Try and relax your muscles in your shoulders and arms as you do.

Do this for at least 2 minutes. Get someone to help you. They should do the breathing exercises with you.



Breathe in for
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Hold your
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