

# ANXIETY



## WHAT IS ANXIETY?



Anxiety gives us energy to deal with a current threat or challenge. It is like fear however sometimes when we feel anxious, we are unclear about what or why we feel this way. With fear we are usually aware of what we are scared of e.g., fear of heights. It may be that we are anxious about something in the future like if we will pass our exams or meeting new people. Although feeling anxious can be uncomfortable we do need this emotion at some level so we can be aware of potential threats or challenges and think about how to cope with them.

## WHAT CAN IT FEEL LIKE?

Anxiety can have a healthy and unhealthy effect on our mind depending on the severity.

Healthy Feelings may be:

- Lots of reasonable thoughts and or worries
- A busy mind

Unhealthy Feelings can be:

- Thinking about worries over and over again
- Feeling separated from your mind, body, or reality
- Very low moods and depression
- Sense of fear



## WHAT CAN LEAD TO ANXIETY?

Some examples can be:

- A Buildup of worries/stress
- Keeping thoughts and feelings to yourself
- Exams, worries about school
- Increased stress
- Loss, grief, and change
- Relationship difficulties
- Feeling isolated and Lonely
- Coping with new things, e.g., new school or home



## WHAT TO DO WHEN I CAN'T COPE?

Anxiety is a healthy reaction and is very important in everyday life. However, sometimes it can be very hard to cope, or perhaps everyday life is becoming difficult, e.g., getting up or going to school. If you are feeling like this, speak to a Parent/Guardian, local GP or any of the Contacts listed over the page for help and support.

## PHYSICAL SIGNS OF ANXIETY



Tense Body



Feeling Sick



Aches & Pains



Fast Heartbeat

# WHAT CAN HELP TO DEAL WITH ANXIETY?

1. **LEARN TO COPE WITH ANXIETY** Think of things you could do everyday or most days e.g., a morning routine to reduce your levels of anxiety.
2. **LOOK AFTER YOURSELF** by not doing too much. Remember to take time for yourself by relaxing through practicing relaxation techniques, mindfulness, meditation, breathing exercises, listening to music, or drawing etc.
3. **TALK TO SOMEONE** you trust about how you are feeling.
4. **GETTING PHYSICAL EXERCISE** can help by using up energy which then helps you to relax afterwards.



## SELF-CARE

Looking after yourself is very important. It is all about taking time out to look after yourself.

Taking care of yourself mentally and physically can identify some distractions to help with Anxiety.

Some examples could be:

- Getting enough sleep
- Exercise/ Get Outside e.g., play football, netball etc.
- Listening to a Podcast or Music
- Spending time with friends/family
- Time to play/have fun!
- Sketching or Painting
- Relaxation/Mindfulness
- Writing/ Reading a Book



**CAN YOU THINK OF ANYMORE?**

The Miracle Foundation SCIO are a bereavement and trauma organisation for Children and Young People between the age of 4 and 19 years old.

We have a great team of counsellors and art therapists that can help you deal with the thoughts and feelings you are experiencing. We will help you develop healthy techniques to deal with your emotions, build on your emotional strength and provide you with a hope for the future. We are here to support and help you when you are struggling during difficult times.

**IF YOU NEED HELP/SUPPORT STRAIGHT AWAY, YOU CAN CALL 999 OR GO STRAIGHT TO MY NEAREST ACCIDENT AND EMERGENCY DEPT IF YOU CAN GET THERE SAFELY.**

## REACHING OUT FOR HELP!

It is important to remember you are not alone. There is no shame with reaching out to a trusted friend, family member or adult.

There are also trained specialists and professionals who are here to support you and anyone else who are experiencing Anxiety.

The Miracle Foundation have a great team of counsellors and art therapists that can help you. We are here to support and help you when you are struggling through difficult times.

### USEFUL CONTACTS

If someone is at risk of coming to harm, the services would need to get in touch with emergency services or appropriate authorities.

### CHILDLINE

A confidential service, operating times can be found on the website.

**TEL: 08001111**

**ONLINE COUNSELLING: 1-2-1 chat**

### SHOUT

A free confidential and anonymous service available 24/7.

**TEXT: 85258**

### SAMARITANS

Whatever you are going through, Samaritans can be called any time, from any phone for free.

**TEL: 116 123**

**If you are over 16**

### BREATHING SPACE

A free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.

**TEL: 0800838587**



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