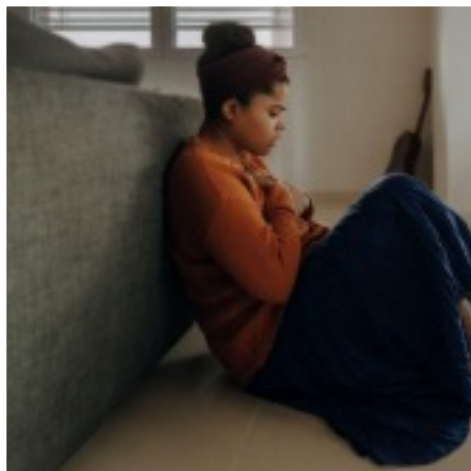


# A little help with...

# ANXIETY

Everyone suffers from anxiety at some point in their lives. Anxiety starts from a worry and snowballs into fear of fear itself. A small amount of anxiety is good as it helps motivate us into action to work hard or achieve our ambitions, hopes and dreams. When we feel anxious it can make the brain's alarm centre, the amygdala, trigger our fight, flight, freeze response to help us survive the perceived threat. However, when thoughts of anxiety overwhelm us and stop us from doing the things we want to do or hold us back in life, then it becomes difficult.



# Managing Anxiety

## Websites

### **Anxiety Canada:**

[www.anxietycanada.com](http://www.anxietycanada.com)

### **Childline: Anxiety, stress and panic:**

[www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/](http://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/)

### **NHS: Every Mind Matters:**

[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

### **The Mix What is Anxiety:**

[www.themix.org.uk/mental-health/anxiety-ocd-and-phobias](http://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias)

### **Young Minds Anxiety:**

[www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/](http://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/)

### **Safe Hands, Thinking Minds:**

[www.safehandstinkingminds.co.uk/covid-anxiety-stress-resources-links/](http://www.safehandstinkingminds.co.uk/covid-anxiety-stress-resources-links/)

## Videos

### **Childline: How to cope with anxiety:**

[www.youtube.com/watch?v=pvM\\_TtQi9DU](http://www.youtube.com/watch?v=pvM_TtQi9DU)

### **Travelling back in time and soaking in a positive moment:**

[www.youtube.com/watch?v=RRiQixmqcXI](http://www.youtube.com/watch?v=RRiQixmqcXI)

### **Writing down or externalising our worries:**

[www.youtube.com/watch?v=5Q-EoWSJQJg](http://www.youtube.com/watch?v=5Q-EoWSJQJg)

### **Anxiety hack: Dump, Delegate Do:**

[www.youtube.com/watch?v=gYYLKZtgmk8](http://www.youtube.com/watch?v=gYYLKZtgmk8)

### **Anxiety hack:- Flip the feeling:**

[www.youtube.com/watch?v=MxveQBRZbv0](http://www.youtube.com/watch?v=MxveQBRZbv0)

### **Anxiety hack:- Using “if” and “then”:**

[www.youtube.com/watch?v=M-lun4WtF3o](http://www.youtube.com/watch?v=M-lun4WtF3o)

### **5 simple ways to manage anxiety:**

[www.youtube.com/watch?v=lp\\_LcZRINE](http://www.youtube.com/watch?v=lp_LcZRINE)

Anxiety can manifest in all kinds of ways, sometimes we avoid the things/places/people we find hard which, long-term, can lead to further mental health problems. Sometimes, the feelings manifest as physical symptoms in our bodies like headaches, stomachaches or an overwhelming feeling of dread, being on edge or panicky. If you are experiencing any of these symptoms, it's good to speak to someone you trust for advice or look at any of the resources shown below. Research shows that practising mindfulness, meditation, having regular exercise, eating well and good sleep can help reduce the symptoms of anxiety.



## Free apps

### **Insighttimer:**

The number 1 free app for sleep, anxiety and stress: [www.insighttimer.com](http://www.insighttimer.com)

**Mindshift:** Free evidence based anxiety relief: [www.anxietycanada.com/resources/mindshift%cbt/](http://www.anxietycanada.com/resources/mindshift%cbt/)

### **Smiling Mind (Australia):**

Free Mindfulness app:  
[www.smilingmind.com.au](http://www.smilingmind.com.au)