

Managing Anxiety



**CARDINAL
NEWMAN**
CATHOLIC HIGH SCHOOL

What is anxiety?



Why might we be feeling anxious right now?

What are you feeling most anxious about?

Control

Knowing what is within our control and out of our control can sometimes help to reduce anxiety.

Out of your control



In our control

Our thoughts are very powerful and can affect how we feel. They can even bring about a physical response like racing heart rate, rapid breathing, feeling sick, feeling dizzy

When you feel anxious what physical signs do you experience?

What thoughts go through your mind?

How does it make you feel emotionally?

Have a go at the thought map on the following page.

Anxiety Bucket

Fill up your bucket with all the things that are making you anxious



Strategies

There are lots of different strategies that can help you manage anxiety

Strategy	What to do	How this helps me
Grounding 5-1	5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 big breath	
Breathing	Place your hands on your belly Breath in for 3 and out for 3 x 3 Breath in for 4 and out for 4 x 3 Breath in for 5 and out for 5 x 3	
Mindfulness	Stay in the moment not thinking about the past or the future. Place both feet on the ground Focus on your breathing and how it feels You could try holding a piece of blu tack in your hand and playing with and focus on how it feels, what shapes can you make with it	

Explore some of your own strategies

Strategy	What to do	How it helps me

Its really important to talk about how you are feeling and share it with others

People I can talk to if I am feeling anxious when at home

People I can talk to when I'm in school

Places I can look at to get support and help

On my mind - Anna Freud Centre : annafreud.org

Kooth : www.kooth.com

Young minds : youngminds.org.uk