The Wellbeing Champions

Anxiety & Worry Leaflet

Results from the Pupil Wellbeing Questionnaire show…

I worry a lot

Never	Sometimes	Always
208	110	28

I worry at school

Never	Sometimes	Always
232	96	18

I am calm

Never	Sometimes	Always
12	84	250



Anxiety

It's perfectly normal to feel anxious from time to time. Anxiety is our body and mind's natural response to a situation we are not sure about or feel threatened by.

Although it might not feel very good at the time, anxiety is 'doing its job' as it helps alert us to do something about the situation.

However, sometimes our anxiety hangs around for too long, keeping us alert when no threat is present. This is when anxiety can start getting in the way of our everyday lives and the things we enjoy.

If you're feeling overwhelmed and need to talk:

Text CONNECT to 85258 for free to speak to Shout

Call 0800 1111 to speak to Childline, or visit childline.org.uk for their free online chat

Visit place2be.org.uk/help for more advice

Here's some advice

Name it to tame it

It can be useful to know how anxiety shows up for you. It might be, for example, that you get butterflies in your stomach, or feel sweaty or tongue-tied. In these moments, it can be useful to say (aloud or in your head) 'oh, hello anxiety, you're here to let me know you think something might threaten me – thank you'.

Remind yourself of when you've overcome anxiety in the past

Think about a time when you've felt anxious about something, but eventually overcame these feelings. For example, if you're feeling anxious about returning to school after the weekend, think back to a time you overcame these feelings by going to school. It can sometimes help by saying something like "thanks anxiety, but I've got this!"

Tell a friend or a grown up

Think about whether you can tell a friend, or a grown up at home or school. Everyone experiences anxiety from time to time and people are there to help you, so it's important to reach out and connect with others.

Get active

When we feel anxious, our bodies get ready to cope with something that may threaten us. This is called the 'fight or flight' response. Our hearts beat faster, we sweat more, and our muscles become tense. To release these feelings, it often helps do something active. You may want to go for a walk, play football with friends, or go swimming.