Brayton Academy

Anxiety

What is Anxiety ?

Anxiety is a feeling of apprehension or worry about situations in our lives. It is normal for most people to experience short periods of anxiety, for example before an exam or a job interview. But if anxiety stays for long periods of time, is out of proportion to the situation, or affects your day-to-day life in a large way, it can become an anxiety disorder. Anxiety can cause physical, psychological and behavioural symptoms. The good news is there are plenty of things you can try to help cope with anxiety.

For more information, please see the link: About Anxiety - Anxiety UK

Top tips to cope with anxiety

Shift your focus
Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.
Try NHS-recommended relaxation exercises

Understand your anxiety
Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.

Challenge your anxious thoughts
Tackling unhelpful thoughts is one of the best things we can do to feel less anxious. Watch the video to find out more.

Video: Reframing unhelpful thoughts

Face the things you want to avoid
It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.
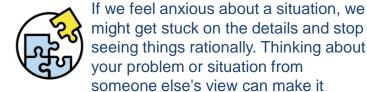
Make time for worries
If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things. Watch the video for more advice.
Video: Tackle your worries

Look at the bigger picture
If we feel anxious about a situation, we might get stuck on the details and stop seeing things rationally. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan. What advice would you give to a friend or family member?

WELLBEING IN MIND TEAM