

Reducing physical symptoms



To reduce the physical symptoms of anxiety and to prevent it from becoming too serious you can try some relaxation exercises and learn breathing techniques to relax your muscles. You can do this on your own or join a yoga class.

Other ways to relax include engaging in an activity that helps you to feel calm such as listening to music or watching a movie. Exercise is also great to release anxiety and built up frustrations.

What treatment is available for anxiety?

If you find that your anxiety symptoms are constant and they cause difficulties in your everyday life you may need to seek some professional help.

Visit your doctor to discuss options for treatment and any local services that might be able to help you. They may suggest seeing a counsellor who will help you alter your thoughts related to anxiety and change your behaviours.

Useful websites

- www.anxietyalliance.org.uk
- www.youngminds.org.uk
- www.mind.org.uk



For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

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YOUNG PEOPLE'S PROJECT

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The Streetwise guide to Anxiety

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What is anxiety?



When the world around us seems frightening or uncertain, we experience a bodily response which is known as anxiety.

Anxiety is usually triggered by things like problems at home, school or work.

Some people may have learned to worry as children or may have an anxious personality.

Others may have had a series of stressful life events to cope with, for example family problems or family breakdown, separation, illness or loss of a parent or a close person or some traumatic experiences.

Sometimes just thinking of a problem can also cause anxiety.

If you have ongoing stresses over a number of years you can develop the 'habit' of being anxious

Sometimes the symptoms are so strong that you may think you're having a heart attack or another serious illness. This in turn, can make you feel even more anxious and so a vicious cycle is set up. But remember:

Anxiety does not cause heart attacks or mental illness.



Symptoms of anxiety:



Anxiety symptoms vary.

The following are some of the symptoms you can experience.

Physical symptoms:

- Tense muscles ready for action.
- Heart beats faster.
- Breathing faster.
- Sweating.
- Dry mouth.
- Having butterflies in your tummy.
- Headaches.

Feelings or emotions:

- Feeling agitated, wound up or irritable.
- Feeling out of control, threatened or unable to cope.
- Feeling embarrassed, tense and fidgety.



Understand the anxiety better



Trying to understand when you become anxious can help you to understand your anxiety. Thinking about what is making you anxious and recording times that you become anxious in a diary can really help.

Is it related to certain situations, places or people?

Is it worse at particular times of the day?

Are your worries realistic; something that would make anybody worry?

A problem solving approach

If your anxiety is caused by a problem, trying to solve the problem may help to stop the anxiety. For example, if you have problems with a particular person in your class that is bullying you then taking steps to address the problem will help like:

- Talking to your school counsellor or someone you trust can help with how you are feeling
- Talking to a teacher can help you sort the situation practically (e.g. By addressing the issue with the other student, or changing your lesson plan).
- Spend your break times at school with your friends so they can support you.

Anxiety is a bully!

Like most bullies, the more you let it push you around, the pushier it gets. Stand up, speak out and get support.

