

Anxiety

Anxiety is a natural human feeling that can help us analyse what's happening in our lives, make important decisions, and avoid danger. It's normal to feel nervous before big life events and in any unfamiliar or uncomfortable situation. Anxiety becomes an issue when it begins to take over your life and stops you doing everyday things.

Anxiety feels different to everyone who experiences it and has a combination of physical and mental symptoms that can range from mild to severe. You may experience some of the following:

- Feeling panicky or on edge, often or for long periods of time
- Difficulty sleeping because of worries or recurrent thoughts
- Panic attacks or periods of fear and discomfort
- A compulsion to carry out certain rituals to keep things from going wrong
- Physical symptoms like sweaty palms, tense muscles
- Increased heart rate and/or shallower breathing
- Avoiding certain situations or things in everyday life because of nervousness and worries

Dealing with Anxiety

There is no one solution for everyone, find what works for you. Some strategies you could try:

- Breathing technique. Breath in for 4 seconds, holding for 5 seconds, and exhaling for 6 seconds.
- Try to ground yourself using the 5,4,3,2,1 strategy. 5 things you can see, 4 things you can hear, 3 things feel or touch, 2 things you can smell, 1 thing you can taste.
- Tense your muscles and then release can make you feel your more in control. Repeat tense then release.
- Talk to a friend or relative.

Where can I find help?

Need Urgent Support? - Let's Talk - Hull Depression & Anxiety Services

<https://www.letstalkhull.co.uk>

In Hull, for depression and anxiety services you can contact Let's Talk by visiting the website or calling 01482 247111. This is a service operated by City Healthcare Partnership where you will be offered a face-to-face assessment to work through what support you may need and which organisation is best placed to offer this. You can call the Mental Health Advice and Support Line which is available 24 hours a day, 7 days a week on 0800 138 0990. If you are at crisis point or feel like you may harm yourself or others please call NHS 111 or 999. You can also call your GP (they will have an emergency number when closed).

NHS talking therapies – NHS

www.nhs.uk

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

info@heywind.org.uk

Hull & East Yorkshire Mind

01482 240200

Wellington House
108 Beverley Rd
Hull HU3 1YA

Information Line (Monday-Friday 9am-5pm) – 01482 240133

Text: 07520 633447

Fax: 01482 336878

If you are finding things difficult and need any advice or support, please do not hesitate to contact the Emotional Wellbeing Team at Oakfield School.