



School

WELLBEING

Newsletter

This term, our wellbeing focus is **anxiety and worries.**

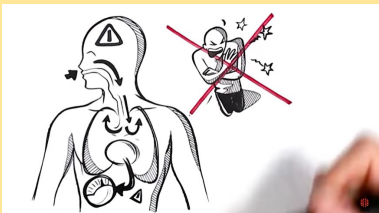
WHAT IS IT?

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations.

Worrying is a form of thinking about the future, it is a way for our brains to handle problems in order to keep us safe.

Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do.

Physical symptoms of Anxiety & Worry



This is a great video to show young people, which explains the bodies natural response to perceived danger: Fight, Flight, Freeze: [FIGHT - Bing video](#)

Quite often, physical feelings of anxiety are misinterpreted as feeling unwell. They can also feel very scary. Understanding that this is our bodies survival mechanism, can be a really helpful first step in reducing the symptoms.



Better Health every mind matters

Ease anxiety one step at a time, with a step by step programme, straight to your email inbox: [Every Mind Matters Registration \(ecrm-registration.nhs.uk\)](#)



WORKSHOPS TO SUPPORT ANXIETY & WORRIES

[Online Workshops :: Lincolnshire Young Minds \(lpft.nhs.uk\)](#) Via this website, you can access free online workshops. There are two which focus on this terms topic: **'Managing Worries and Anxious Feel-**

And 'Parents Supporting Children with Anxiety and Additional Needs'. Both of these include a video to watch, alongside completing a workbook full of strategies for young people to learn and use in daily life.

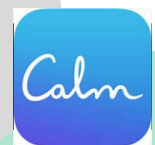


FURTHER SIGNPOSTING

Supporting your child with Anxiety: [Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#) This website has a vast amount of helpful tips, advice, videos and support if you are looking for more information.

ANXIETY UK: Open 9:30am—5:30pm Mon—Fri TEL: 03444 775 774 OR 07537 416 905

THE MIX: [Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)



App to support feelings of anxiety, sleep and relaxation.