

Managing Anxiety during the pandemic

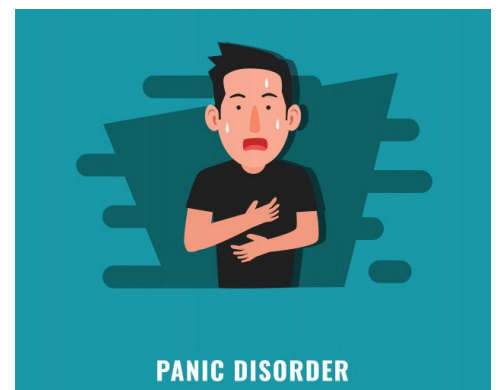
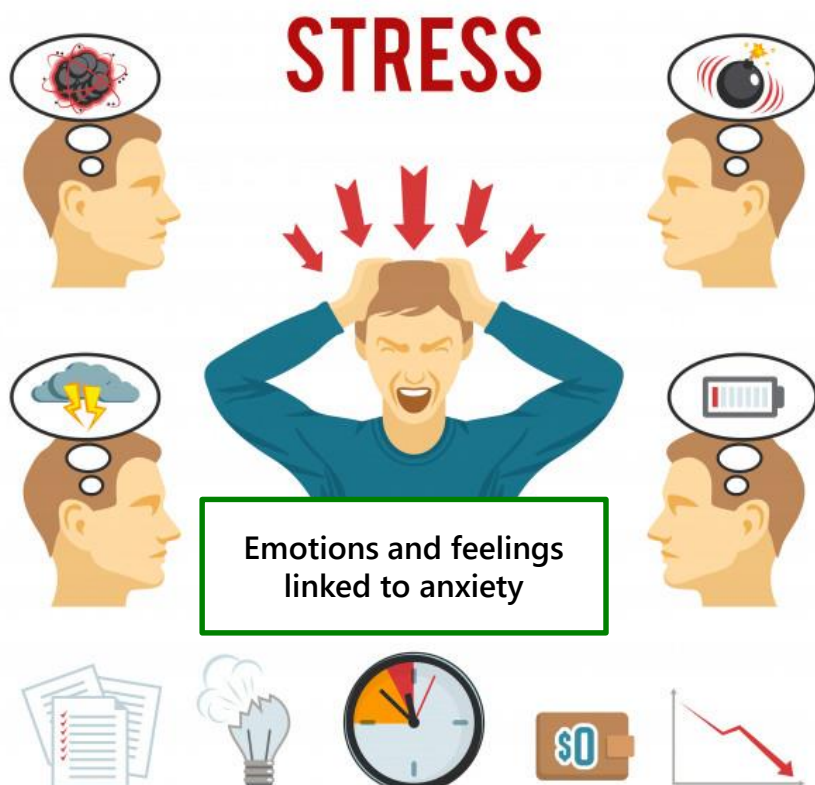
So sometimes the information we receive everyday is too much for us to process. When there is a little bit of fear mixed in with this then anxiety can be present.

Anxiety is normal, everyone will experience some anxiety in their life as negative thoughts & circulating thoughts happen in our brains (especially when we are tired) It's like our default setting and it's evolutionary. It has developed out of a need for safety.

They are there because we needed this anxiety for survival when we were cave men. Anxiety kept us alert and safe from predators, we were constantly aware of our surroundings having eyes everywhere. So our brains were processing a lot of information as our senses were heightened and we had that little bit of fear inside us switching on our stress response so we could fight, flight or freeze

Did you know?

Sometimes the brain goes into overdrive with this response _ (excessive fear) and creates excess physical responses – increased heart rate, palpitations, sweating, stomach aches, constipation or loose stools – this is still anxiety, its is common and normal to happen occasionally but if its constant then we need look at ways of coping with this.



Did you know?

*If at any time you don't feel great, or you're worried about what's going on, or you just need to talk to someone, it's important you don't keep it inside.
Talk to your family if you have any concerns about how you or someone else is feeling.
There are also lots of places you can get support online:
✓ www.youngminds.org.uk
✓ www.childline.org.uk or call 0800 1111
✓ www.mind.org.uk
Sometimes all it takes is for somebody else to listen.*

TALKING TO SOMEONE

Talking to someone, a problem shared is a problem halved. Having a trusted person – adult, parent, close relation, teacher, doctor. Someone you trust will listen to you without judgement and will have your best interest in mind.



UNDERSTAND YOUR EMOTIONS

Understanding our emotions will help with anxiety and life! Sometimes it's hard to name our feelings or emotions but taking 5-10 minutes everyday to ask ourselves 'how am I feeling today?' will give us the time we need to slow down and feel what's going on inside.



WRITING THINGS DOWN

Writing can also REALLY help, start writing just anything. Sometimes we need to release other thoughts before we can find a name for what we are feeling. See what thoughts come to your head write them down. Use the emotional wheel to help you.





WRITING A DIARY

Keeping a diary can help a lot, you can also track if you have a pattern. Maybe every week, month or year you have similar feelings and emotions. Or you can match your emotions to certain things you are doing in life, certain activities or people you are spending your time with.. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all consuming all of the time.

EXERCISE

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



Did you know?

Positive side of stress and anxiety

Without a little stress, fear or anxiety we may not be motivated to do somethings that would benefit us like studying/reading for our exams, training for that sports event or match, creating that project we have been assigned and it's the same for adults.

Humans have a tendency to be complacent and we can get in to routines that are very sedentary because that can make us feel safe. Sometimes we nee to step outside of our comfort zones and explore the wide world and the opportunities available to us.

The new can seem fearful but it's just the brain trying to protect us from the unknown.

Everything was unknown before and look how wonderful life is now!

*This is not an exhaustive list but just some suggestions that may be helpful!
Please keep up to date with government guidance and take care of yourselves.*