



Anxiety

Anxiety is more than just feeling stressed or worried. It is an intense, excessive and persistent worry and fear about everyday situations.

What Causes Anxiety?

- Family history
 - Stress
 - Change
 - Trauma
 - Abuse
- Physical health problems
 - Substance use
- Personal adversities & hardship



Signs Of Anxiety

- Nervous feeling
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating or Trembling
- Feeling weak or tired
- Trouble concentrating or withdrawn
- Panic attacks
- Insomnia
- Nausea
- Difficult joining in activities
- Perfectionist tendencies
- Inability to focus on school

Coping Strategies

- Therapeutic support
- Exercise
- Positive outlet
- Listening to music
- Breathing exercises
- Trigger identification and aversion
- Consistent, healthy sleep pattern
- Mindfulness
- Journaling
- Routines and checklists

Need Support?

To make a referral or seek further advice from student wellbeing please contact the manager of student wellbeing on 98036811

