

Managing Anxiety



Trying to do school or college work virtually at home can be stressful and make you anxious. Did you know that stress isn't necessarily always a bad thing? Manageable levels of stress can help you to think faster and more effectively, and generally improve your performance. However, if the anxiety you are experiencing feels overwhelming, your performance can be affected.

The good news is there are lots of things you can do yourself to help control your anxiety:

Self-Care

Put yourself first. Take some time to think about what helps you to relax and plan how you can include this in your schedule.

If you've got 5 minutes:

- Try some grounding exercises that focus the brain on a specific task not related to work. You could count the words on a page, or the number of blue things you can see in the room.
- Try counting backwards from 5: think of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell/taste, 1 good thing about yourself.

If you've got 15 minutes:

- Do something makes you smile. Listen to a song, watch a YouTube video.
- Do something creative. Dance, draw, colour, sing, or just listen to your favourite songs

If you've got 1 hour

- Have a shower or bath using soap that smells really good or calming.
- Get outdoors. Go for a walk, or sit in the garden.
- Connect with others. Make time for friends or chat with family. Try to support each other so you don't feel isolated and over-worked





Where to Get Help & Advice

Everyone has times when they feel like they're struggling. It's ok not to be ok. If your anxiety is getting worse or you feel that you can't cope, please find someone to talk to. Don't bottle it up!

You could talk to your friends and family about how you are feeling or speak to a teacher or tutor that you get on well with.

If you feel you'd like some further support, Visyon can offer free, confidential help through our Open Access sessions. Phone us on **01260 290000** or text your name and phone number/email address to 07508 074748 (please just use this number for text, we can't take voicemails on it). There's lots more advice and information on the Visyon website at www.visyon.org.uk