

Worries and Anxieties

Information for Young People

What is anxiety?

We all get frightened or worried from time to time. Fear can be a good thing as it keeps us from getting too close to danger. Sometimes, we can feel frightened or worry about things too much and this can get in the way of enjoying life. This sort of fear or worry is called anxiety. Anxiety is one of the common mental health problems. Nearly 300,000 young people in Britain have an anxiety disorder. So you are not alone. Lots of people, however, suffer in silence. It is important to recognise your problems and seek help, especially when anxiety starts affecting your everyday life. Anxieties are grouped based on what the fear or worry is about. Grouping is also helpful in understanding your difficulties and threatening them. These groupings are:

- Fears and phobias
- General anxiety
- Separation anxiety
- Social anxiety
- Panic disorder

Some children and young people may have other types of anxiety, such as post traumatic stress disorder or obsessive compulsive disorder.

What does anxiety feel like?

When we feel we are in danger, our brains tell our bodies to get ready to run away quickly. This means that if you have anxiety you may feel this in your mind as well as physically in your body.

In your body you may feel:

- Sick
- shaky/dizzy
- Your heart racing
- Short of breath
- 'Butterflies' in the stomach

In your mind you may:

- Feel upset
- Feel worried
- Feel irritable
- Feel unable to relax
- Have difficulty concentrating

What can I do?

There is a lot you can do with the help of family and good friends to make you feel better.

- Try to give yourself more time to get used to any changes that happen at home or at school, as change can be more difficult when you worry a lot.
- Check if you might be picking up on someone else's worry, rather than it being your own.
- Get support from good friends and family; you might also want to talk to someone outside the family, such as a teacher or mentor.

If this isn't enough, you might need more specialist help. Living with anxiety problems is difficult, but anxiety is treatable and doesn't have to keep making you unhappy.

The Royal College of Psychiatrists. (2013). Mental Health and Growing Up: Factsheets for Parents, Teachers and Young People (4th ed.). Cambridge: Royal College of Psychiatrists.

Contact Us!
01642 505580

 info@redcarlink.com
 www.redcarlink.com



@thelinkredcar



@TheLink_Redcar



@The.LINK.CIC



The Link (Redcar) CIC