

# Anxiety & Stress

**L.O: to understand what anxiety and stress is and know how to deal with it.**

**DNA:**

**Draw a symbol that you think best represents the following scenarios:**

- Moving to a new city
- Hanging out with your friends
- Receiving an award
- Going for a driving test
- Preparing for end of year exams



Joy



Trust



Fear



Surprise



Sadness



Disgust



Anger



Anticipation

# Key Vocabulary

**Definition:** Anxiety is a natural response to stress, characterised by feelings of worry, fear, or unease.

Types of Anxiety Disorders:

1. Generalised Anxiety Disorder (GAD)
2. Social Anxiety Disorder
3. Panic Disorder
4. Specific Phobias

**Definition:** Stress is the body's response to external pressures or demands.

Types of Stress:

1. Eustress (positive stress)
2. Distress (negative stress)

**Can you think of examples of Eustress and Distress?**

**How might stress actually be a motivating factor for some people?**

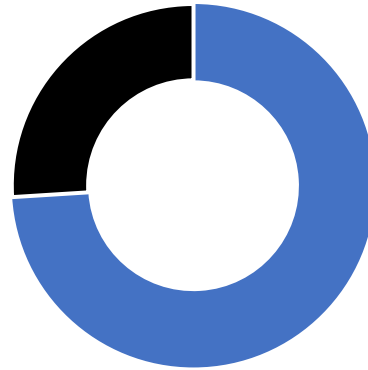
# Common Stressors

People feel stressed when they feel like the demands or pressures on them are more than what they can cope with.

A stressor is something that makes you feel stressed

Stress is not a mental health problem, but it can lead to mental health problems.

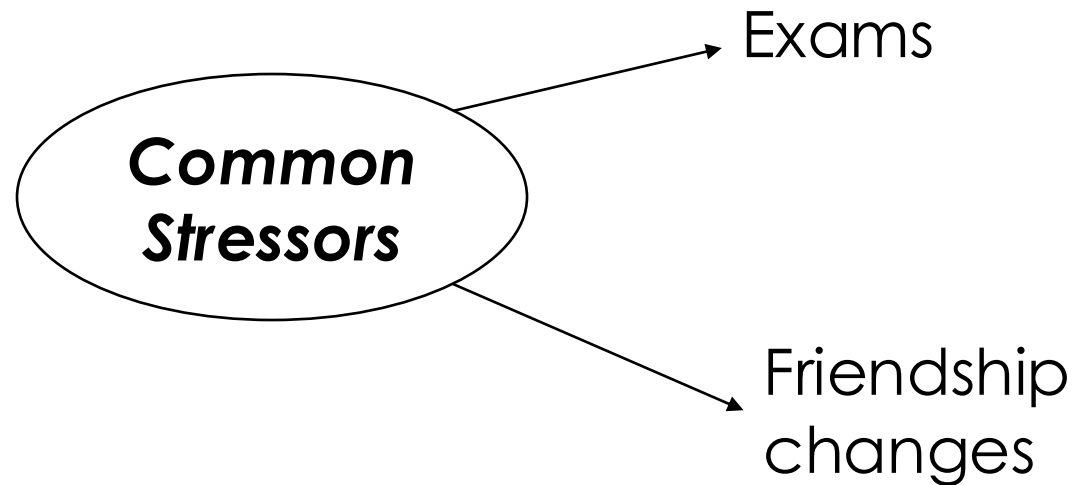
74% of people in the past year have been so stressed that they feel overwhelmed or unable to cope



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# Common Stressors

Create a mind map of all the common stressors or triggers that could impact someone's emotional health. Examples have been provided below:



***Why do you think these stressors can impact mental health?***

# Possible Answers

Decisions  
about your  
future

Drugs/alcohol

Exams

Relationships  
with friends

School work

Environment

Grades

Family life

Money  
problems

News/politics

Body image

Bullying

Fitting in

Social  
media

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# How do we know we are feeling anxious or stressed?

💡 Talk to the person next to you. How would someone else know when you're stressed? How have you seen other people behaving when they're stressed?

✏️ Try to sort these into the following categories in your books

- **Emotions** e.g anxious
- **Physical symptoms** e.g headaches
- **Behaviours** e.g avoiding friends/family
- **Thoughts** e.g blaming yourself

# How do we know we are feeling anxious or stressed?

## Possible Answers

Emotions	Physical symptoms	Behaviours	Thoughts
Anxious	Headaches	Avoiding friends/family	Blaming yourself
Hopeless	Muscle aches	Eating too much/not enough	'I'm not good enough'
Easily annoyed	Chest pains	Spending all your time focusing on the problem	Jumping to conclusions
Lack of self confidence	Lack of energy	Restlessness	Worst case scenarios
Lack of motivation	Getting ill often	Crying	'I can't cope'
Sad	Getting spots	Biting fingernails	Lack of sense of humour
Scared		Fidgeting	Easily confused
Frustrated	Racing heart	Stopping hobbies	Only seeing things in a negative way
Distracted	Faster breathing	Getting into arguments	Difficulty concentrating

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# Mindfulness

Mindfulness is the practice of acknowledging what you're feeling without judging the emotions or sensations as you're experiencing them.

- *Why should we practise mindfulness?*
- *Where can we practise mindfulness?*
- *Provide examples of mindfulness that helps promote relaxation?*
- *How can we incorporate mindfulness in our everyday activities?*
  
- *Other than mindfulness, how else would you manage stress and anxiety in young people?*

<https://www.youtube.com/watch?v=7-1Y6lbAxdM>



# Words of Advice

Ashley is in Year 11 and her GCSE exams are coming up soon. She has been feeling very worried about these because she thinks that she might not get the grades she wants, but she's too embarrassed to ask her teachers for help. She has been spending all her free time revising and doesn't take breaks. She has been spending her lunchtimes doing work so hasn't seen her friends very often. She used to play at her local football club with her friends after school but she has stopped going so that she can do more revision. She has been getting headaches a lot and has noticed her heart racing when she thinks about her exams. She stays up late doing work and then can't get to sleep when she goes to bed. She has gotten into a lot of arguments with her parents because she keeps snapping at them.

Discuss in pairs what signs of stress is Ashley showing.

**Main Task:** Write a letter to Ashley about what she can do to help manage her feelings of stress and anxiety.

## Sentence Starter:

Dear Ashley,

I understand that as a Year 11 student, you are inundated with exams and deadline, but you must remember to take care of yourself first.



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# Where Can I Get Help?

- Teachers
- ACOs
- Student support
- Parents
- GP
- Other trusted adult
- Friends

## Useful resources:

**Childline** - Free & confidential advice for via phone (0800 1111) or webchat

<https://www.childline.org.uk>

**Epic Friends** – Advice about helping friends who are struggling emotionally

<http://epicfriends.co.uk>

**Samaritans** – 24 hour helpline for anyone in crisis (08457 909090)

<https://www.samaritans.org>

**Young Minds** – information for children and young people about emotional wellbeing and mental health <https://youngminds.org.uk>

**Kooth** – free and anonymous online counselling and support

<https://www.kooth.com>

**The Mix** – information and advice about a range of topics for under 25s <https://www.themix.org.uk>

**Talk to Frank** – confidential advice about drugs (08007 76600)

<https://www.talktofrank.com>

**NHS Moodzone** – Information and advice on a range of mental health and wellbeing topics. Mood assessment quiz.

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

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# Plenary

*Why do you think it is important for us to know how to handle our emotions from a young age?*