



Mental Health Awareness Week 2023

# Anxiety

A guide for young people



— The —  
Wellbeing  
Hub  
— from Teen Tips —



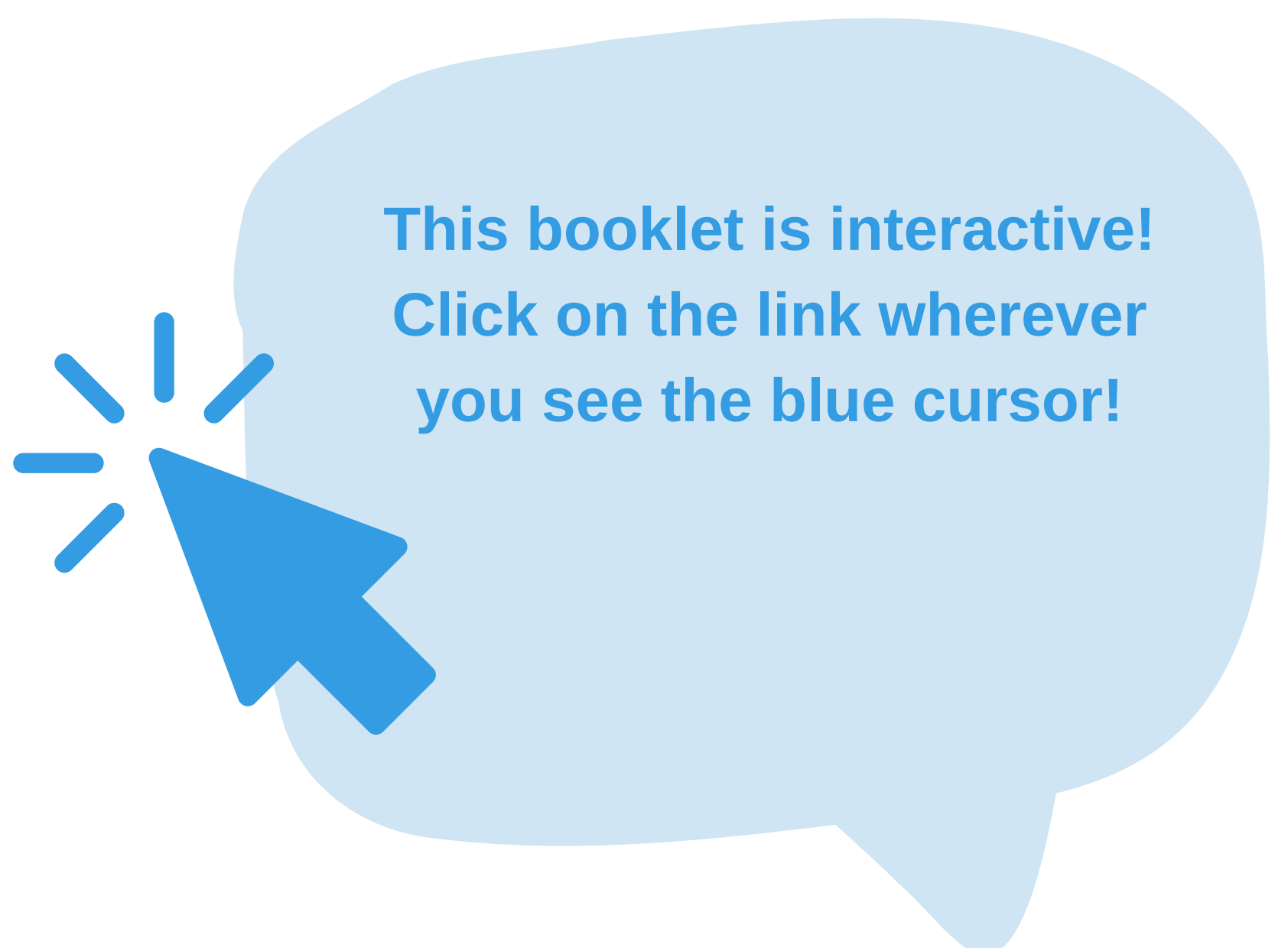


# Mental Health Awareness Week 2023

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## Top Tip from our A-Z of wellbeing

Click on the speech bubbles to find out WHY you should TRY

Keep a gratitude journal – try to write one or two things each day that you are grateful for

Focus on the effort you put into something, rather than the results

Give someone a big hug and tell them you love them

Go to concerts – listening to live music in a crowd of people boosts our energy

Instead of eating in front of the tv or in the kitchen, take your meal out into the garden or to your local park

Switch off notifications and take a tech-free break

Block out time every week to do one thing that makes you happy

Follow social media accounts that only post positive and funny content

Tell yourself something each day that you like about yourself

Put on your favourite song and dance around the room! Physical exercise elevates dopamine and endorphins, two neurotransmitters responsible for feelings of pleasure and happiness

Challenge unhelpful thoughts with questions like: Where is the evidence that what I am thinking is true?

## Helpful advice and guidance

### **Stop and breathe: tips for reducing anxiety**

Read our top tips for reducing anxiety and staying calm.

### **Stress strategies**

Learning how to relax and practise healthy coping strategies are all part of managing stress. We share our top tips.

### **How to manage negative thought patterns**

Every young person knows that sometimes life can be challenging. Bad feelings happen and it can be hard to manage sometimes.

### **How to counter eco-anxiety**

Read these top tips on how to counter eco-anxiety and support your community.

### **How to overcome social anxiety**

Read our practical advice on how to develop your social skills and support those who are socially anxious.

### **Seven tips for overcoming social anxiety**

Social situations can be nerve-racking for everyone. Watch our video for tips on how to overcome social anxiety.

### **How to use yoga to benefit your mental health**

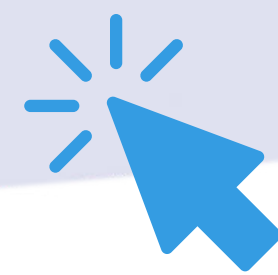
Jenny discusses how yoga connects us with others, keeps us physically active, helps us learn new skills, and pay attention to the present moment.

### **10 minute stress release**

A short yoga session to help release that built-up stress.

## Questions from young people, answered by our experts

What do we mean by stress, anxiety, and depression?



What is intellectual stress?



I feel like I always need to be busy and that if I am not busy then I am going to get left behind or I am failing somehow, is this normal?

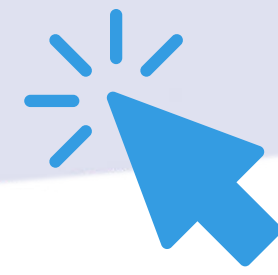


I feel nervous in groups of people, what can I do?



# Questions from young people, answered by our experts

I feel really nervous about exams, what can I do to help myself?



I have lots of worries on my mind and I can't relax. What do I do?



Sometimes it looks like my friends are having a much better time than I am. How do I deal with that?



Why do people recommend journaling?



# Where to get help if you need extra support

### [Kooth - Your Online Wellbeing Community](#)

Kooth is an online chat and emotional well-being support service for children and young people. Kooth is a completely safe and anonymous website where you can go to gain advice and support, 365 days a year. Kooth can offer lots of support and their qualified youth workers and counsellors are available to chat everyday.

### [Shout 85258](#)

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

### [The Clear Fear App](#)

The Clear Fear app was created by child & adolescent therapist, Dr Nihara Krause to help you combat feelings of anxiety and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

### [Tellmi](#)

Tellmi is a digital peer support app for young people aged 11-25. Share your problems, get support and help other people too. Connect with people your own age for safe support.

### [Childline](#)

Childline is a free, private and confidential service for anyone under 19 in the UK. Their counsellors are trained staff and volunteers and they are available everyday from 9am to midnight.