

## Top tips...

# when you feel ANXIOUS

@POSITIVELYPRESENT



WRITE ABOUT HOW YOU FEEL

FIND A POSITIVE DISTRACTION



With thanks to @positivelypresent for granting permission to use this image

Find out more about anxiety and get help at...

⇒ [Hampshire CAMHS](#)

⇒ [Young Minds](#)

⇒ [Anna Freud Centre](#)

⇒ [Barnardos](#)

⇒ [Stem4](#)

⇒ [Childline](#)

Self-help apps



Mindfulness app



[Click the link to go straight to the website]

## Managing worries and anxiety - tips for teens



We all experience anxiety from time to time and it can be helpful to keep us safe. It becomes a **problem** when it gets in the way of your life and things you want to do (e.g. school, hobbies and friendships). The most important thing to remember is that if you find yourself worried or anxious **you are not alone**.



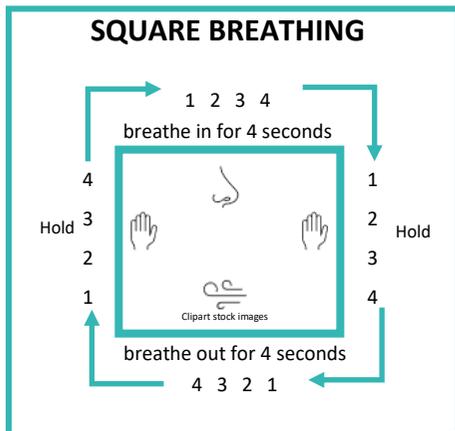
Talk to someone you trust and share your worries



## In the moment

Breathing and grounding techniques are helpful for managing anxious feelings in the moment. They help to manage the body sensations that are triggered by anxiety (e.g. a fast heart rate) and allow you to think more clearly.

and breathe...



### GROUNDING EXERCISE

NAME 3 THINGS:



YOU SEE



YOU SMELL



YOU HEAR



YOU FEEL

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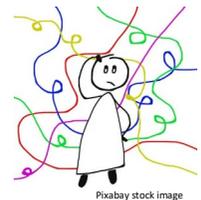
BREATHE IN & OUT SLOWLY X3

Although anxiety feels horrible, remember these **feelings will pass** and the physical sensations cannot harm you. Remind yourself that you have been anxious before, that those feelings passed, that you coped, and were ok.



## Managing thoughts

Being able to manage negative thoughts helps to overcome anxiety.



**Think** what would you say to a friend with the same worry and apply the advice to yourself.

**Challenge** negative thoughts and find evidence against them.

### Evidence for "I'm useless"

I failed my Maths exam  
I didn't know how to comfort my friend when she was upset

### Evidence against 'I'm useless'

I passed my Art exam  
I made Mum laugh when she was upset this morning  
I made my sister's lunch today

## Avoid avoidance

Although its tempting to avoid things you feel anxious about, this only leads to short-term relief and actually reinforces the anxiety, as we lose confidence in our ability. Take **small steps** to gradually face your fears—the more you do this the easier it will become.

