

# What is Anxiety?

**Anxiety** is another name for the fears, stresses, worries and concerns which are a part of everyday life. It is a **natural human reaction** which is triggered by threat (real or imagined). It affects our **body**, our **thinking** and our **behaviour**.



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Anxiety is **helpful** in some situations such as, when we need to perform well (e.g. in an exam), cope in an emergency or to protect ourselves.

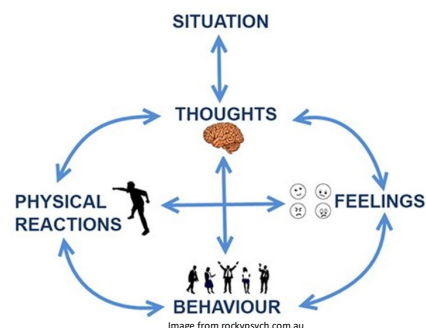


Image from rockypsych.com.au

We all experience anxiety from time to time. It is normal for young children to be worried about the dark and teenagers often experience worries about school work and friendships.

Anxiety can lead to:

- thinking in negative and critical ways
- overestimating the likelihood of bad things happening
- focusing on things that go wrong
- underestimating our ability to cope
- expecting to be unsuccessful



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Anxiety can become a **problem** if, the thoughts, feelings and physical sensations are very strong, happen even when there is no real danger or lasts for a long time.

When anxiety is **severe** it can stop people doing what they want to do. It can **get in the way of**:



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school/work



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socialising



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home life

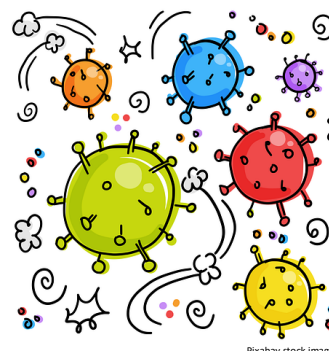
It can have long-term effects on people's wellbeing and physical health.

# What is Anxiety?

## Coronavirus worries

Coronavirus has disrupted all of our lives and created a new and uncertain time for us all. Children, families and school staff will be carrying their own worries, concerns and anxieties. There may be worries about:

- ⇒ returning to school / work
- ⇒ experiences of loss and bereavement
- ⇒ individual and family members' health
- ⇒ social restrictions and social distancing rules
- ⇒ social exclusion
- ⇒ missing out on important events
- ⇒ the future in general



All of these may have some sort of effect, even in people with no previous history of anxiety. Whatever you are thinking or feeling, you are not alone. There are helpful coronavirus tips for [parents](#), [teens](#) and [teachers](#) (click the link). Remember, you have already responded to a whole host of events that could never have been predicted and whatever the worry (coronavirus related or not), there can be help for managing this.

### Adults remember!

Take care of your own needs too. Notice if you feel stressed/anxious and implement strategies to help you. Model good self-care so you have the energy to help your child(ren) & young people.

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

- ⇒ [Hampshire CAMHS](#)
- ⇒ [Anna Freud Centre](#)
- ⇒ [Young Minds](#)
- ⇒ [Barnardos](#)
- ⇒ [Childline](#)
- ⇒ [Stem4](#)
- ⇒ [Action for children](#)

### For adults

- ⇒ [Education support](#)
- ⇒ [Mind](#)



## [Hampshire and Isle of Wight Educational Psychology](#)

Telephone support line for parents/carers and education staff  
Training for schools - contact us to find out more about the options available to you

