

WHEN I FEEL ANXIOUS



When I feel anxious I am feeling uncomfortable about something.

I don't always know why I feel anxious. I just do and this is OK.

Most people feel anxious sometimes. It is not easy to know when someone else is anxious. Most people will not know when I am feeling anxious.

Usually the best thing to do when I feel anxious is to tell someone how I feel. This can be a close friend or a trusted adult who will listen to me without judging me. If I can't talk to someone there are lots of things I can do. This includes:

Imagining that I'm in a place where I feel safe and calm

Thinking about a favourite book or film

Breathing slowly

Wiggling my toes and fingers

Doing any activity that makes me calm

It is OK if I feel anxious sometimes. If I want I can try to talk to someone about it. I can also do things to help me cope with feeling anxious.

Additional Learning Support have put together a 'How to contact us' and 'Meet the Team' page that you might find useful. These can be found in our Welcome to College page