



Reach4Wellbeing

Transition Tips

What is Anxiety?

Anxiety is a normal emotion – it helps us to cope with stressful situations. There are times when we all feel worried. We experience anxiety when we perceive or think we are in danger. This response is helpful when there is a danger but can become a problem when the situation is not actually dangerous, like starting a new school.

If these feelings don't go away or get worse, this could be anxiety.

Anxiety is very common - 1 in 6 young people experience it at some point (YoungMinds).

How do I feel anxiety/worry ?

When we are in a stressful situation our bodies react to try and help us by preparing us to take action - this is called the **Fight, Flight or Freeze** response.

We may experience some of the physical symptoms below:

Tense muscles
Shakiness
Short, fast breaths
Butterflies in your stomach
Fast heartbeat
Racing Thoughts
Sweating



**What happens to MY
body?**

Fight, Flight or Freeze

Your body is getting ready to do one of three things to help protect you physically, emotionally and mentally

Fight - Attack the situation, physically or verbally.



Flight - get as far away from the situation as quickly as possible.



Or **Freeze** - your body appears to stop and do nothing.



Why we experience some of the physical symptoms



This response can happen, when something feels scary or a threat but really isn't, like starting a new school. You may snap or shout at people (**FIGHT**), or struggle to think clearly (**FREEZE**). These feelings can become so overwhelming they may make you want to avoid going to school (**FLIGHT**).

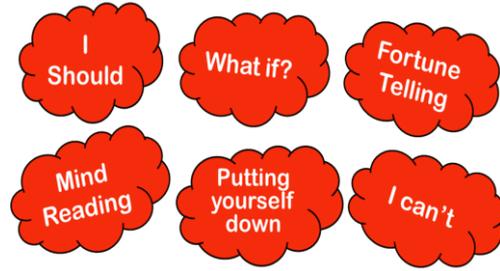
During the activity - What did I want to do?



Automatic Negative Thoughts



ANTs are when you fall into a pattern of thinking negatively. Everyone has **ANTs** now and then
 However, sometimes ANT's can trap us in a cycle of worry: **ANT Traps**



What are my **ANT's** about starting high/secondary school?

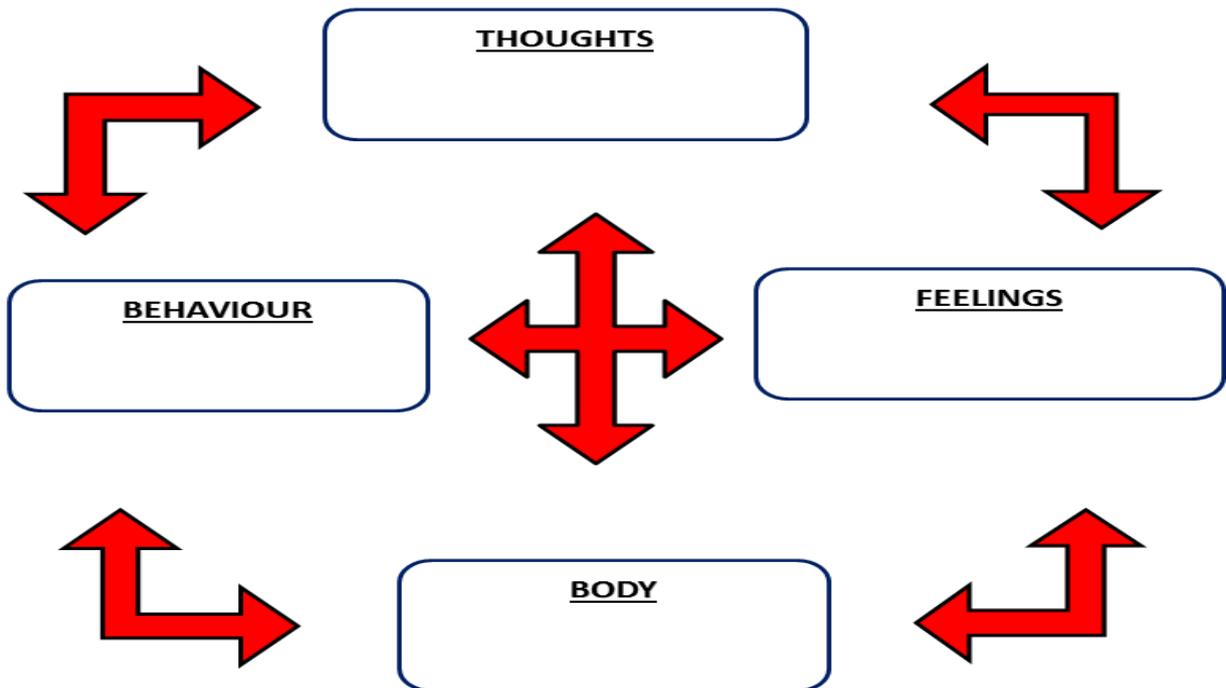


Thoughts Feelings and Behaviours



The way you think can affect the way you feel and the way you feel can affect what you do – We call this an 'Anxiety Cycle' or 'Hot Cross Bun'

Unhelpful/ Negative Anxiety Cycle – Scenario: Starting high/secondary school



Try out your own Stop, Think, Go Strategy



Stop and breathe. What's my automatic negative thought?

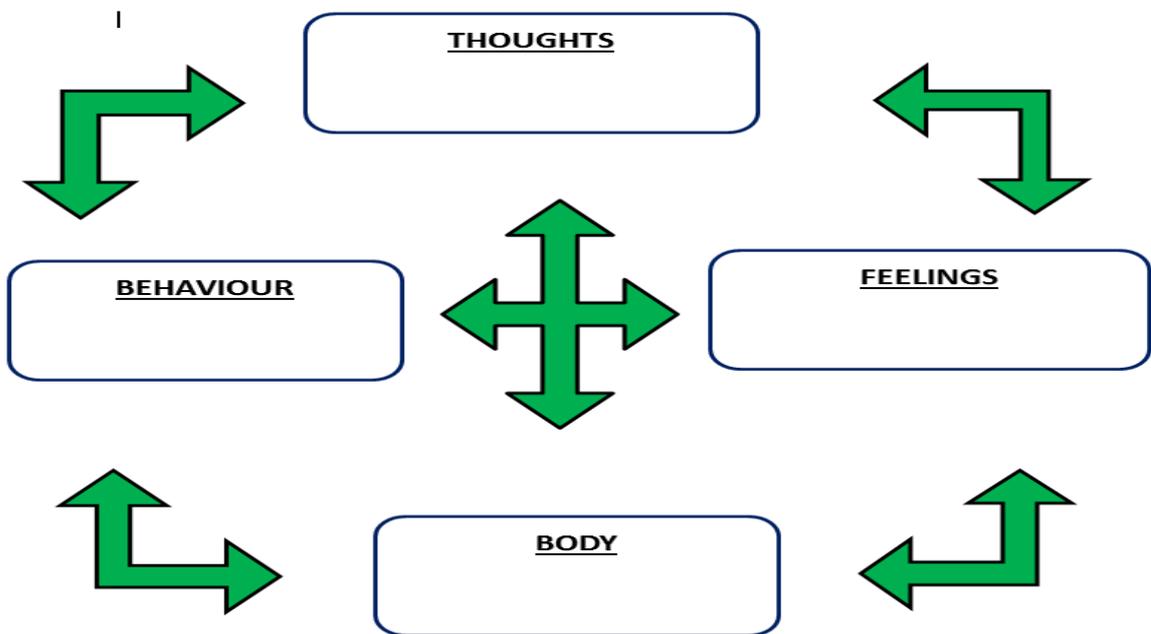


Think. How am I feeling? Who can help me? What can I do to help myself? What would my friend say or do?



Go – What's my new way of thinking?

Positive/Helpful Anxiety Cycle – Scenario: Starting high/secondary school



Self Help

Useful APPS



Positive Wellbeing

Diet and Food- Have a balanced diet and eat at regular times as this influences your bodies clock.

Drinks and Stimulants - Avoid stimulants such as coffee, cola and energy drinks as the caffeine can activate your fight, flight or freeze response, this can make your anxiety worse and can disturb your sleep.

Exercise- Exercise is good for us physically and mentally. Aim to exercise for 30 minutes a day, but not too close to bed time as it can keep you awake.

Sleep-

Before bed – Do things that help you relax

Sleep routine – Get up and go to sleep at the same time each day – it can help you sleep better

Your bedroom – Not too hot or cold, quiet, no bright lights

Turn off - TV, phone, consoles and any other technology

Self Help

Social Media

- **Think Before You Post** – It's tempting to react, but avoid posting in the heat of the moment - sometimes it's best not to respond at all.
- **Schedule 'Social Media Time'** - Keep in touch, but not too much, set yourself limits for how long you use your phone for each day.
- **Stop Comparing** – Rather than compare and despair, remind yourself that a post is just a post which doesn't tell the full story.
- **Post Latergrams** – Try saving your social media posts until after your day is over. Enjoy the moment, not the upload.
- **Switch Off** – Try to do at least one thing every day without your phone. Keep your phone away from your bed at night – choose sleep over social media!

Self-Care Kit

Your self-care kit is all about bringing together the stuff that makes you feel good. Fill it with your favourite things and use it when you feel worried. Use your senses as a guide to think about what to include...

Here are some ideas:

Vision (*photos, fairy lights, inspirational quotes, etc*)...

Sound (*playlist, audio books*)...

Smell (*scented oil, candle*)...

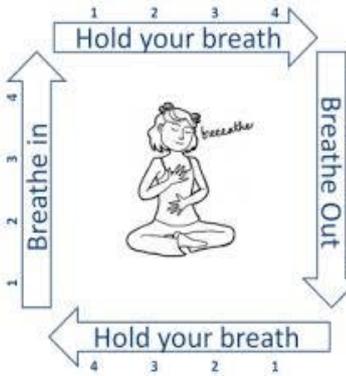
Taste (*snack, hot choc, tea bag, chocolate*)...

Touch (*fluffy socks, fidget toys, smooth stone, etc*)...

Activities (*colouring book, books, magazine, crossword puzzle, journal*)...

Time to Relax

Square Breathing



When you worry, your breathing gets faster. Taking slow deep breaths from the bottom of your stomach can help you feel calm.

Imagine a Relaxing Place

Whether it's a beautiful beach, a cool forest or your favourite room, imagining a place where you feel happy and safe can help you to calm down when you feel anxious:

Who is with you?

What's the weather like?

What can you see?

What can you hear?

What can you smell?

How do you feel?

Three Senses

A simple mindfulness trick is to notice what you are experiencing right now using three senses – sound, sight and touch. Take a few slow breaths and ask yourself:

What are three things I can hear?



What are three things I can see?



What are three things I can feel?

Think of the answers to yourself slowly, one sense at a time.
Practicing this simple technique will help you focus on the here and now



What will help me to feel less worried about starting my new school?

Reach4Wellbeing

NHS
Worcestershire
Health and Care
NHS Trust

**Feel you need support with
your emotional wellbeing?
Aged 5-18?**

**Gain skills to manage your emotions
Improve your emotional wellbeing**

Following a referral we can run groups in
your school or local area.

Visit www.hacw.nhs.uk/reach4wellbeing

