



# Recognising anxiety in young people—how you can help

## What is anxiety?

- Anxiety is an internal feeling of worry, nervousness, or unease about something with an uncertain outcome
- About a quarter of people get an anxiety disorder at some point in their lives but many don't seek the treatment that's available
- Sometimes it is hard to know when anxiety is becoming a problem, but if feelings of anxiety are very strong, or last for a long time, it can be overwhelming

## Emotional symptoms

- Fear
- Panic
- Nervousness
- Shy
- Unable to speak
- Lower levels of concentration
- Low self-esteem
- Sensitive
- Perfectionism



## Physical symptoms

- Light headedness
- Flushing
- Dry mouth
- Dizziness
- Rapid thumping of the heart
- Feeling sick
- Excessive sweat
- Rapid breathing
- Stomach pain
- Crying

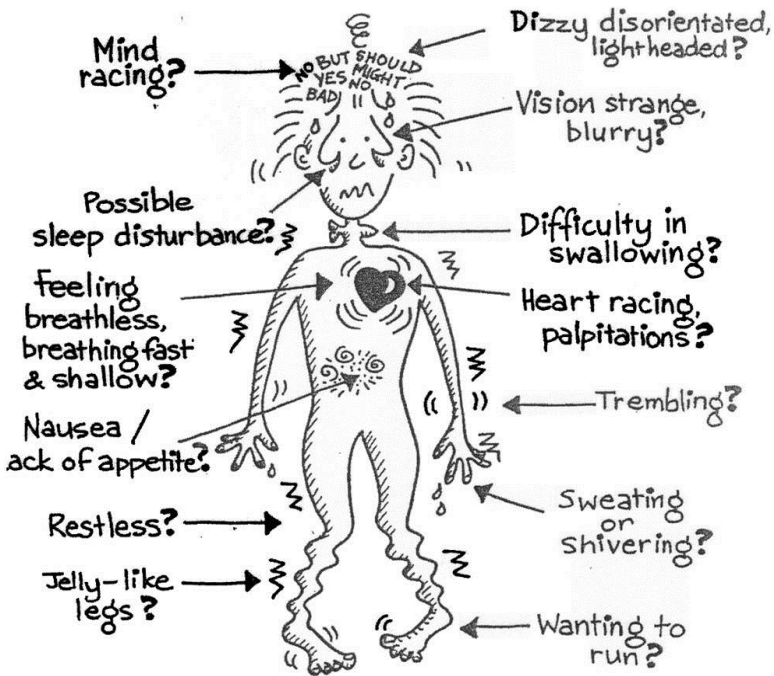
## Students most common fears

- Fire alarms
- PE and changing rooms
- Break/lunchtimes (crowded spaces/eating)
- Hallways
- School toilets
- Speaking out loud in class (reading/asking for help or answering questions)
- Exams and tests

If you feel your child suffers from anxiety, contact your GP in the first instance. Eastleigh Youth Counselling services may also be able to provide support. Their details are as follows:

<http://eycs.co.uk/>

Call or text on [07879761660](tel:07879761660)



### Organisations that could help:

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/anxiety](http://www.youngminds.org.uk/for_parents/worried_about_your_child/anxiety)

[http://www.moodcafe.co.uk/media/19579/cyp\\_parents\\_1\\_2\\_web.pdf](http://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf)