



Us Plus

Mental Health and Wellbeing Bulletin 12

Hello everyone,

This edition of the bulletin is focusing on anxiety - something many of us feel! It is perfectly normal to feel anxious - indeed sometimes being anxious can help us. However, when it is something that impacts negatively on day to day life, then it is time to ask for help.

Mrs Taylor

What is anxiety?

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations. Anxiety is what keeps us safe in potentially dangerous situations.

Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life.



What to do if you are feeling anxious:

Take a time-out. Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

Get enough sleep. When stressed, your body needs additional sleep and rest.

Exercise daily to help you feel good and maintain your health. Check out the fitness tips below.

Take deep breaths. Inhale and exhale slowly.

Count to 10 slowly. Repeat, and count to 20 if necessary.

Do your best. Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

Welcome humour. A good laugh goes a long way.

Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Get involved. Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious and look for a pattern.

Talk to someone. Tell friends and family you're feeling overwhelmed and let them know how they can help you. Talk to a physician or therapist for professional help.

Remember that you can contact the TIS team at Penrice if you need help with any worries or anxieties. Email us at tis@penrice.org.uk

