



Mental Health and Wellbeing



19th May 2023

Mental Health Awareness

The theme of Mental Health Awareness week 2023 is Anxiety.

Anxiety disorders affect over 8 million people in the UK – that's a little over 1 in 10 of us – and there are lots of different types.

Anxiety is a common emotion that we've likely all experienced at some point in our lives.

We may feel worried, tense or fearful sometimes. These are normal responses to certain situations. But if you live with an anxiety disorder these intense feelings of fear and danger can be ongoing and impact the quality of life, stopping you living your life as fully as you want to.

When we talk about anxiety, we might dismiss it as someone "*just worrying*" or "*just being stressed*". These common phrases can be harmful. This Mental Health Week we want to challenge the notion that it's 'just' anxiety, and share awareness about the condition.

ANXIETY

Types of Anxiety?

Common types of anxiety disorders include:

- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Generalised anxiety disorder (GAD)
- Phobias
- Separation anxiety

There are also some common anxiety themes and experiences which might impact our lifestyle. For example, experiencing agoraphobia, the fear of public spaces or health anxiety, making us anxious about changes to our health or experiencing health related issues.

How are you feeling?



Anxiety Support

Looking after yourself

There are lots of self-help methods, often based on cognitive behavioural therapy (CBT). CBT helps you to rethink negative thoughts and behaviours.

- **Non-facilitated self-help** – This involves using information provided by the [NHS](#) to help yourself
- **Guided self-help** – A trained professional will take you through the information – Speak to your GP
- **Psycho-educational groups** – In a group, you'll learn about your symptoms and how to manage them

Useful links: <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety>

<https://www.headspace.com/>

<https://balanceapp.com/>



Sources:

www.place2be.org.uk www.annafreud.org www.mentalhealth.org.uk <https://mentalhealth-uk.org/>



Popular self-help methods that you can do at home to help you relax and manage your symptoms include:

- Doing relaxing tasks such as guided meditation or relaxing music or colouring (find your way to become more mindful)
- Eating healthily
- Exercising
- Keeping a routine
- Try to get enough sleep
- Keep a mood diary to help you be aware of your symptoms, and what makes you better and worse

“Our mind wanders all the time, either reviewing the past or planning for the future. Mindfulness is a skill that teaches you to pay attention to the present by noticing when your mind wanders off.”

For help:

Text SHOUT to 85258 for free to speak to someone
Call Childline 0800 1111
Speak to your GP or if you are in a crisis call 999.