

# Anxiety

---

## What is it?

Anxiety is the most common emotion we experience and the most common form of disorder in childhood and in adult years. At some stage in life everyone will feel anxious most commonly when faced with difficult or new situations. Everyone can relate to symptoms of anxiety or fear and experience symptoms such as breathing becoming shallow, sweating, heart beating faster, butterflies in their stomach and dry mouth.

## How to identify?

Anxiety or feeling stressed out often happens before depression. It is defined by feelings of fear, unrest, agitation and insecurity. As anxiety increases so does the chance of depression. This is circular – as clinical depression increases the feelings of anxiety, which in turn shows itself more in a worrying, ruminative, obsessive state of mind.

## Effective strategies to help?

Talks on anxiety and depression, held within the PHSE curriculum.

Have a clear and effective system to support a student who presents with an anxiety or mood disorder.

Allocate a named teacher and peer supporter from a core team of trained staff to be available should help be needed.

Establish links with local services and know what the referral pathways are. Get a professional to help assess and make recommendations.

## Useful link

<http://www.nhs.uk/conditions/anxiety/Pages/Introduction.aspx> - NHS

<https://www.anxietyuk.org.uk/our-services/anxiety-information/> - Anxiety UK

<https://www.mentalhealth.org.uk/a-to-z/a/anxiety> - Mental Health Foundation