

BE KIND

FORCES
CHILDREN
SCOTLAND

TO YOUR MIND

NORMALISING AND UNDERSTANDING ANXIETY

What is anxiety?

Anxiety is a feeling of unease, worry and concern. We all have different levels of anxiety!

Sometimes anxiety is normal, such as when moving or starting a new school. At other times, our anxiety starts to get the best of us and affects us more often.

Where does it come from?

Have you ever heard of fight or flight?

Our brain always used to be on the lookout for danger (such as an animal chasing us) and tell us to either FIGHT or take FLIGHT.

Today, we aren't often chased by animals. But our brain is still alert to potential danger. Now small things kick off our fight or flight reflex, which can lead to issues with anxiety.

How do I know if I have anxiety?

This is a common question being asked by young people, so you aren't alone if you're thinking this.

There's no one way to have anxiety or to prove that you have anxiety. But there are some things to look out for that might let you know...

All of these things can potentially point towards anxiety. Young people also often tell us that they just don't feel themselves.

Some levels of anxiety are normal but if you are experiencing a lot of anxiety and a lot of symptoms, it could be a sign of an anxiety disorder.

- Are you finding it hard to sleep, even though you're trying really hard?
- Do you feel restless and always worried?
- Are you finding it hard to do things you love doing, such as seeing your friends or keeping up a hobby?
- Do you feel irritated, grumpy and upset, often for little to no reason?

How does being an Armed Forces young person impact anxiety?

Moving schools often is something not a lot of young people have to deal with and can lead to high levels of anxiety when moving or having to make new friend.

Making friends can also be difficult and worrying. Coming into a new school where you don't know anyone can lead to a build up of anxiety.

School can also become a reason for anxiety. Moving schools all the time can leave you feeling behind or left out, with teachers not knowing how to help.

Sometimes it's

hard to adapt

to so many new

and different places

What can I do?

The first thing to know is this - **anxiety is normal**, it is **real**, **you are not overreacting**. **There are lots of things you and the people in your life can do to help you feel better.**

In the UK at any one time, there are around 8 million people with an anxiety disorder.



It's OK to ask for help

Do lots of online research, find more information about anxiety to help you understand how you're feeling (only use trusted sites).

Speak to trusted adults in your life. Your parents or guardians or teachers. Take resources with you to explain.

Have a look at some of our other resources, such as these coping strategies and stories from young people.

Reach out for support

Sometimes we can't speak to our parents or guardians or even teachers. If that's the case, there is always someone to speak to...

Anxiety UK offers support, advice and information on issues such as anxiety, stress and depression. Helplines are open 9.30am to 5.30pm, Monday to Friday (except bank holidays).

Call: 03444 775 774
Text: 07537 416905

The Mix provides support for those up to the age of 25. Its phone line is open 4pm to 11pm Monday to Saturday. **Call 0808 808 4994**

Its crisis text support service is open 24 hours a day, seven days a week. Text THEMIX to 85258

**Someone will always listen.
It can take time to find your
person. But they are there.**

