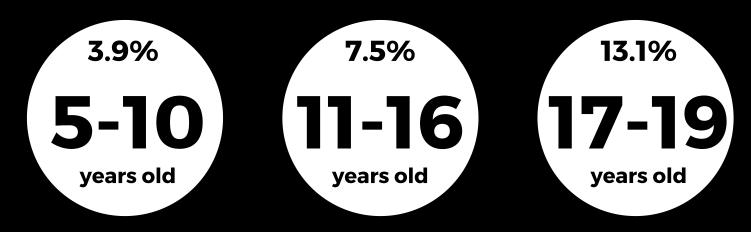
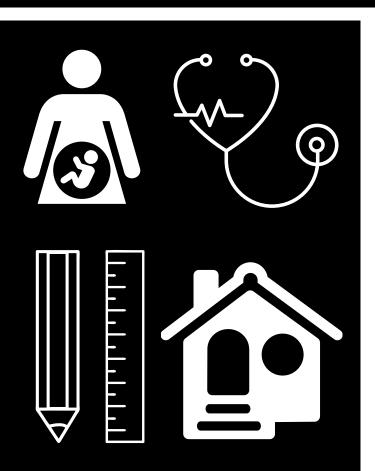
## ANXIETY

LEARNING SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP



Percentage of children and young people who suffered with anxiety in 2017 (MHFA, 2019).



## What are the causes of anxiety?

THERE ARE MANY CAUSES OF ANXIETY INCLUDING:

SCHOOL
LONELINESS
DISCRIMINATION
WORK
HOME ENVIRONMENT
PREGNANCY
TRAUMA
HEALTH ISSUES
BEREAVEMENT
SUBSTANCE ABUSE



## What are the affects of anxiety?

nervous, sweaty, shaky and short of breath, tiredness, irritability and restlessness, emotional and crying, lack of concentration, change of behaviour.

## **Top Tips and Guidance**

COPING WITH ANXIETY AND SUPPORT

If anxiety is affecting your daily life or causing you distress:

Call **NHS** 111 or talk to your **GP**.



For more information VISIT:

www.nhs.uk/ oneyou/every-mindmatters/anxiety/ #support-cards









Make time for your worries - talk to someone about your concerns.

**Get to grips** - use relaxation techniques to reduce stress, such as yoga exercises.

Challenge your thoughts think about the positives outcomes of putting yourself in an anxious situation.