

NOVEMBER 2020

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-mind-
matters/anxiety/
#support-cards](http://www.nhs.uk/oneyou/every-mind-matters/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.