

MENTAL HEALTH AWARENESS WEEK

15 TO 21ST MAY 2023

ANXIETY



What is anxiety?

Anxiety is usually a natural response to pressure, feeling afraid or threatened, which can show up in how we feel physically, mentally, and in how we behave. Anxiety can be described as feeling of dread, fear or unease, which can range from mild to severe in some cases.

Anxiety can become a problem if worrying about lots of small things or relatively harmless situations.

It's usually when our anxiety feels really intense or overwhelming that it starts to interfere with our daily life or affect our relationships with others. Ref: NHS

Signs of anxiety in children

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they:

- become irritable, tearful or clingy
- have difficulty sleeping
- wake in the night
- start wetting the bed
- have bad dreams

In older children you may notice that they:

- lack confidence to try new things or seem unable to face simple, everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have a lot of negative thoughts, or keep thinking that bad things are going to happen
- start avoiding everyday activities, such as seeing friends, going out in public or going to school

Find out more about the signs of anxiety in children on the NHS website [here!](#)

Ref: NHS



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Supporting South Leicestershire Schools to provide opportunities for all young people

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#ToHelpMyAnxiety