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**'AS HIGH TUNSTALL LEARNERS WE  
INSPIRE ONE ANOTHER BY GETTING  
INVOLVED, BEING IMAGINATIVE AND  
ENJOYING CHALLENGES**

**AS HIGH TUNSTALL LEARNERS WE  
SUPPORT ONE ANOTHER BY SHOWING  
RESPECT, BEING POSITIVE AND  
HAVING PRIDE IN OUR COMMUNITY**

**TOGETHER, AS HIGH TUNSTALL  
LEARNERS WE CAN ACHIEVE**

**THE HIGH TUNSTALL LEARNER – EMBRACE  
EVERY OPPORTUNITY'**

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## CONTACT US

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The High Tunstall guide to ...

# COPING WITH ANXIETY



# WHAT IS ANXIETY?



**Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam, or having a medical test or job interview. During times like these, feeling anxious can be perfectly normal. But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...**



## WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

**For more information please speak to your tutor, Year Leader of SSO. They can then refer you on the right route to wellness.**

## METHODS OF SUPPORT

### HELPFUL WEBSITES

NHS: Try listening to this 6 minute anxiety control training audio guide. Dr Chris Williams talks about how to relax and beat your anxieties, today and in the long term – <https://www.nhs.uk/conditions/generalised-anxiety-disorder/self-help/>



Anxiety UK: is a charity providing support if you have been diagnosed with an anxiety condition. <https://www.anxietyuk.org.uk/>



### HELPFUL APPS

Calm: Sleep, meditation, and relaxation are in your hands with Calm, a popular mindfulness app, Calm features nature sounds and sleep stories to help lull you into relaxed sleep.



BreathWrk: If you have anxiety, you've probably tried a breathing exercise or two to help calm yourself. The Breathwrk app takes the science of breathing exercises even further by curating a collection of breathing exercises based on your goal: falling asleep, feeling relaxed, feeling energized, and alleviating stress.



### TUNNY TOP TIPS

- Exercise regularly – Regular exercise, particularly aerobic exercise, may help you combat stress and release tension. It also encourages your brain to release serotonin, which can improve your mood.
- Learn to relax – As well as regular exercise, learning how to relax is important. You may find relaxation and breathing exercises helpful, or you may prefer activities such as Yoga or Pilates to help you unwind.
- Avoid caffeine – Avoid smoking and drinking
- Contact support groups – Support groups can give you advice on how to manage your anxiety. They're also a good way to meet other people with similar experiences.