

Think about ...  
**Coping with  
Stress, Worry  
and Anxiety**



**a FEELING OF  
OVERWHELMING  
DREAD**

**DON'T COVER  
UP YOUR  
PROBLEMS**

**I JUST LOST  
INTEREST IN  
EVERYTHING**

**I thought I was  
the only one  
worrying about  
my exams**

**I felt I was  
in a big  
black hole**

Everyone feels stressed, worried or anxious at times. While it can be unpleasant experiencing these feelings sometimes they can help you avoid dangerous situations and cope with every day pressures.

However, at other times things get on top of you, especially when the situation causing the stress, worry or anxiety goes on and on, and the problem or problems just seem to keep

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building up. You can feel trapped, as if there is no way

out and no answer to your problems.

Stress, worry and anxiety can affect you mentally and physically. These feelings can make it difficult for you to do what you usually do.

## Speak to someone!

You may feel under pressure, worried, tense, upset, sad, and angry. Common issues for young people include: school work piling up; problems with

a teacher; parents splitting up; being teased or bullied at school; arguing with people close to you or being unable to sleep. If you experience

any of the following signs, or see them in a friend or family member, you should ask for help.

- ? Feeling hopeless
- ? Feeling trapped - like there is no way out
- ? Unable to concentrate
- ? Increasing alcohol or drug use
- ? Withdrawing from friends and family
- ? Feeling there is nothing in life worth living for
- ? Behaving out of character - irritable, sad, loss of interest/enjoyment

People you should talk to include your parents, a teacher, youth worker, school counsellor or doctor.

## Check out the following Sources of Support

### Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Anxiety UK 08444 775 774

### Useful Websites:

[www.mindingyourhead.info](http://www.mindingyourhead.info) - loads of information on how to look after your mental health

[www.childline.org.uk/Explore/FeelingsEmotions/Pages/Anxiety.aspx](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Anxiety.aspx) - tells you how to cope with anxiety

[www.bbc.co.uk/health/emotional\\_health/mental\\_health](http://www.bbc.co.uk/health/emotional_health/mental_health) - tells you how to look after your mental health

[www.getthelowdown.co.uk/mind.aspx](http://www.getthelowdown.co.uk/mind.aspx) - how to deal with stress, worry and anxiety

[www.anxietyuk.org.uk/about-anxiety/young-people-and-anxiety/](http://www.anxietyuk.org.uk/about-anxiety/young-people-and-anxiety/) gives information on anxiety and how to recognise it