

Anxiety



Secondary schools guide

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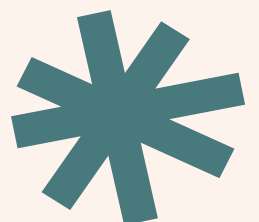
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Many thanks to staff from The Rodillian Multi Academy Trust for contributing to this guide.



“To support myself with recent anxiety linked to the loss of both my parents, I have found running to be an important activity, especially whilst listening to music. No distance targets, no time targets, just running at my own pace, allowing time to relax and focus on what is important”

Staff member from the Rodillian Multi Academy Trust.



Supporting yourself and colleagues with feelings of anxiety

These top tips have been written by staff from the Rodillian Multi Academy Trust

"Take one day at a time, try not to over-think the future"

"Be kind to yourself"

"Someone cares and there is always someone to talk to and that they will listen"

"Be honest about triggers – make people aware"

"Take a quiet breath – sometimes you need to be away from the noise to calm and refocus yourself"

"Find a self help book that talks to you. Everyone is different so things won't resonate with every person in the same way"

"Remember to be kind to yourself! Take 5 minutes, eat something nice, go for a walk. You're doing an amazing job"

"Talk and listen. If unable to offer support seek guidance from someone who can help"



"Take time doing something you find fun or try a new activity"

"Think back, it was this bad before...but it turned out OK"

"Know your limits! You are only human"

"Even if it feels uncomfortable push yourself to do those things you fear you can't"

"Life is not always a motorway, sometimes the scenic route is better for you but don't lose sight of the destination"

"No two people are the same, anxiety is normally hidden by staff so keep an open mind if a colleague seems out of sorts"

"Keep work and home separate – don't take work home"

"Accept help, don't be afraid to say you're struggling"

"Mindfulness. Take time to be in the moment"

"Don't be embarrassed to talk about it/ seek help from friends/family or professionals"

"Get some fresh air and meet up with friends"

"If your anxiety stems from something you can change be brave and take control"

"Walk with a podcast to distress/switch off after work"

"Make time for yourself and don't feel guilty about it!"

"Seek professional medical advice"

Resources to support your mental health and feelings of anxiety

Mental Health Foundation

Our vision at the [Mental Health Foundation](#) is for a world with good mental health for all. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

[Our Best Mental Health Tips Guide](#)

Backed by research, this guide provides tips on how to look after your mental health.

[How to support mental health at work Guide](#)

This guide provides you with tips on how to look after your mental health at work.

[How to manage and reduce stress Guide](#)

Stress is the feeling of being under abnormal pressure from an increased workload, an argument with a family member, or financial worries. This guide provides you with tips on how to manage and reduce stress

[How to overcome fear and anxiety Guide](#)

Fear is one of the most powerful emotions. It has a very strong effect on your mind and body. Fear can create strong signals of response when we're in emergencies – for instance if we are caught in a fire or are being attacked. This guide provides you with tips on how to overcome fear and anxiety.

[Rethinking Rest Guide](#)

We partnered with Reflect and Refocus to support you to reconsider what rest means to you and how you can find ways to rest depending on your body's needs. The guide will walk you through the different types of rest.

[Loneliness - A guide for teachers and education staff](#)

In partnership with Education Support, this guide aims to support teachers and education staff with the experience of loneliness. Loneliness is something that affects us all, with most of us likely experiencing loneliness at some point in our lives. But the experiences of loneliness will be different for each of us, based on our situation in life. Experiences of loneliness can have adverse effects on our mental health.

[The cost-of-living and your mental health article](#)

This article, written by the Director of England and Wales, explores the impact of cost of living on mental health and provides information on where to find support.

[Professional learning resource for schools staff](#)

Developed with [Children's Health Scotland](#) and [Digital Bricks](#) Learning this is our professional learning resource on mental health and wellbeing for all school staff in Scotland.



Education support

[Education Support](#)

Education Support are the only UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.

Helpline: 08000 562 561

[Managing Anxiety](#)

Read about simple and practical ways to help manage any anxiety you may be feeling.

[Breathing exercises for beating stress and creating calm](#)

Try these breathing exercises to maintain your composure in times of stress, anger and frustration.

[Burnout: recognising the signs and protecting yourself](#)

Read about how to recognise the symptoms of burnout and tips to help you avoid it.

[Saying no: advice for setting boundaries](#)

Being comfortable with saying no is an important tool for self-care in the workplace. Read this guide to support you in setting boundaries.

Other resources

[Anxiety and panic attacks](#)

Read information on anxiety and panic attacks by Mind.

[Tackling your worries](#)

Worrying is part of life. We cannot eliminate it completely or control everything, but if your worries feel overwhelming there are lots of things you can try to manage or overcome them. This webpage has practical tips and strategies to help you cope with your worries.

[Reading Well Booklist](#)

Reading Well for mental health booklist provides helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.



Support services

Samaritans

Samaritans are open 24/7 for anyone who needs to talk.

Call: **116 123** (freephone)

Email: jo@samaritans.org

Post: Freepost SAMARITANS LETTERS

The Samaritans Self-Help app is a tool to track how you're feeling and receive tips on things you can do to look after yourself.

Samaritans also have a Welsh Language Line on **0808 164 0123** (7pm–11pm every day).

Hub of Hope

Hub of Hope is a UK-wide mental health service database, allowing you to search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

Mind

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends.

InfoLine: **0300 123 3393**

Lines are open Monday to Friday 9am to 6pm (except bank holidays).

Email info@mind.org.uk

Side by Side

Side by Side, hosted by Mind, is an online community where you can listen, share and be heard. The online community is moderated by a team of 25, who help to keep the community safe and supportive.

Shout

If you would prefer not to talk but want some mental health support, you could **text SHOUT to 85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

Anxiety UK

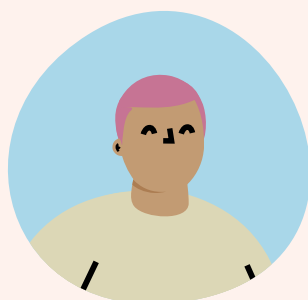
Anxiety UK provides advice and support to people living with anxiety.

Call: **03444 775 774**

Text: **07537 416 905**

“To deal with feelings of anxiety, I meditate and listen to frequency music made specifically to target specific emotions. I use a channel called Simply Hypnotic on youtube!”

Staff member from the Rodillian Multi Academy Trust.



Supporting young people with feelings of anxiety

Managing anxiety in the classroom course

Hosted by the Anna Freud Centre for Children and Families, this course provides advice on anxiety, change and loss to those who are supporting the mental health and wellbeing of children and young people.

Activities

Primary

- [Activity ideas](#), written by Childline, for children to help them tackle any stress they may be feeling.
- [Self-care kit](#), created by the NHS, with self-care ideas and activities for children.
- [Emotional check-in activities](#), written by Mentally Healthy Schools and the Anna Freud Centre for Children and Families, support children and young people to identify how and why they are feeling a particular way.
- [What to do about worry lesson plan](#), written by the NHS, supports pupils to identify the different signs of worry, such as thoughts, feelings, physical signs and actions.
- [Managing emotions toolkit](#), written by Mentally Healthy Schools and the Anna Freud Centre for Children and Families, provide tools designed to help children understand and manage their emotions and feelings, and stay calm and in control in the classroom.

Both

[Being kind to yourself pack](#), written by the Red Cross, provides activities to explore topics of loneliness and anxiety and help children and young people by kind to themselves.

Secondary

- [Anxiety and depression lesson plan](#), written by Manitoba, explores anxiety, depression and the impact physical health can have on mental health.
- [Coping strategies lesson plans](#), written by PSHE Association, explores healthy and unhealthy coping strategies and provides worksheets for the pupils.
- [The worry tree activity](#), written by the NHS, is a short form activity that prompts pupils to consider the thoughts, physical signs and actions that might be associated with worry.
- [Building resilience lesson plan](#), written by Samaritans, introduces young people to different emotional coping strategies, and the concept of resilience.
- [Catch it, check it, challenge it, change it worksheet](#), written by the NHS, draws on cognitive behavioural therapy (CBT) techniques to help young people manage anxious feelings.

Resources to support young people with feelings of anxiety

[Anxiety: A guide for young people](#)

Written by Young Minds, this guide provides information on what anxiety is and ideas of what to do when feeling anxious.

[Anxiety leaflet](#)

Written by STEM4, this leaflet provides information on anxiety and signposting options.

[Clear Fear app](#)

Provided by STEM4, the free Clear Fear app supports young people to learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

Support services

[The Mix](#)

The Mix offers online information as well as helpline support to under-25s about anything that's troubling them.

Email: via their [online contact form](#)

Call: **0808 808 4994**

Telephone services available 4pm – 11pm everyday.

Text: **THEMIX to 85258**

The text service is free, 24/7 crisis support across the UK.

One-to-one chat: Free [1-2-1 webchat service](#)

The webchat is available 4pm – 11pm, Monday to Saturday.

[Childline](#)

A support service for anyone under 19 in the UK, open 24 hours a day, 7 days a week.

Call: **08001111**

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their free [1-2-1 counsellor chat](#) and email support service.

Resources for parents and carers

Booklet for parents and carers wanting to know more about anxiety. <https://www.mentalhealth.org.uk/explore-mental-health/publications/anxious-child>

Tips on how to talk to your children about scary world news <https://www.mentalhealth.org.uk/explore-mental-health/publications/talking-your-children-about-scary-world-news>

May is the start of exam season which can bring about stress and anxiety for young people. Check out our top tips for young people here: [Top Tips for Exams Postcards \(Postcard\) \(mentalhealth.org.uk\)](#)



Supporting staff and pupils as a school

[Create and use a safe space in school](#)

[Improve mental health awareness at school](#)

[Offer mental health training to staff](#)

[Signpost to wellbeing and support services](#)

[Encourage staff to become mental health champions](#)

Measure **staff** and **pupil** wellbeing to understand what support they need

Fundraising idea

As a way to spread awareness of Mental Health Awareness Week this year, you can ask your pupils to take part in our Wear It Green Day campaign. We have developed a fundraising guide and resources specifically for schools.

Why not ask pupils to take a green selfie e.g. wearing something green or with a green prop, and share it on social media, and nominate 5 friends to do the same. They can use the hashtag #wearitgreenday on Thursday 18th May to raise awareness of anxiety and Mental Health Awareness Week.

There are tons of ways young people can get involved in the week and fundraise for MHF. For even more ideas, you can check out our [school fundraising packs](#).

“Socialising with friends and family, and knowing when to take time for yourself, is important to cope with feelings of anxiety. You can’t appreciate all the people around you until you take some time to be alone with just your own thoughts”

Staff member from the Rodillian Multi Academy Trust.





Mental Health
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