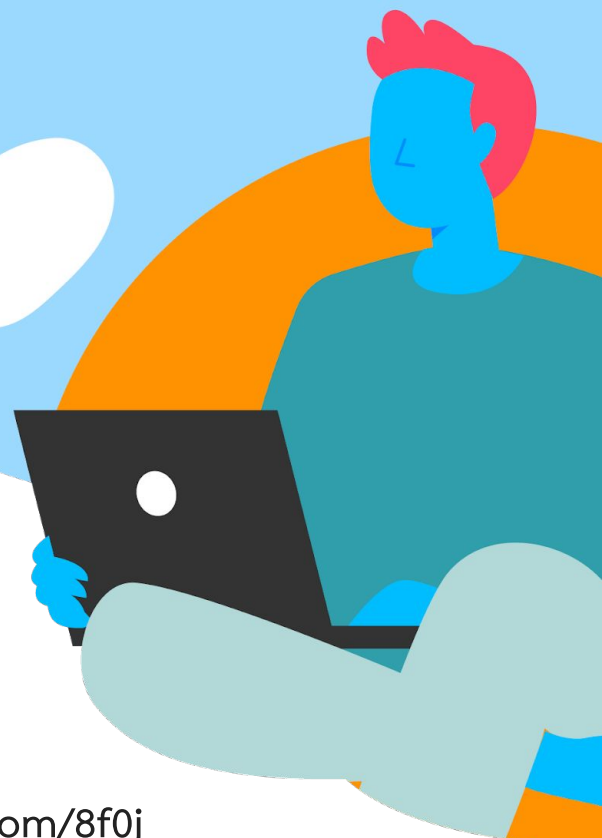
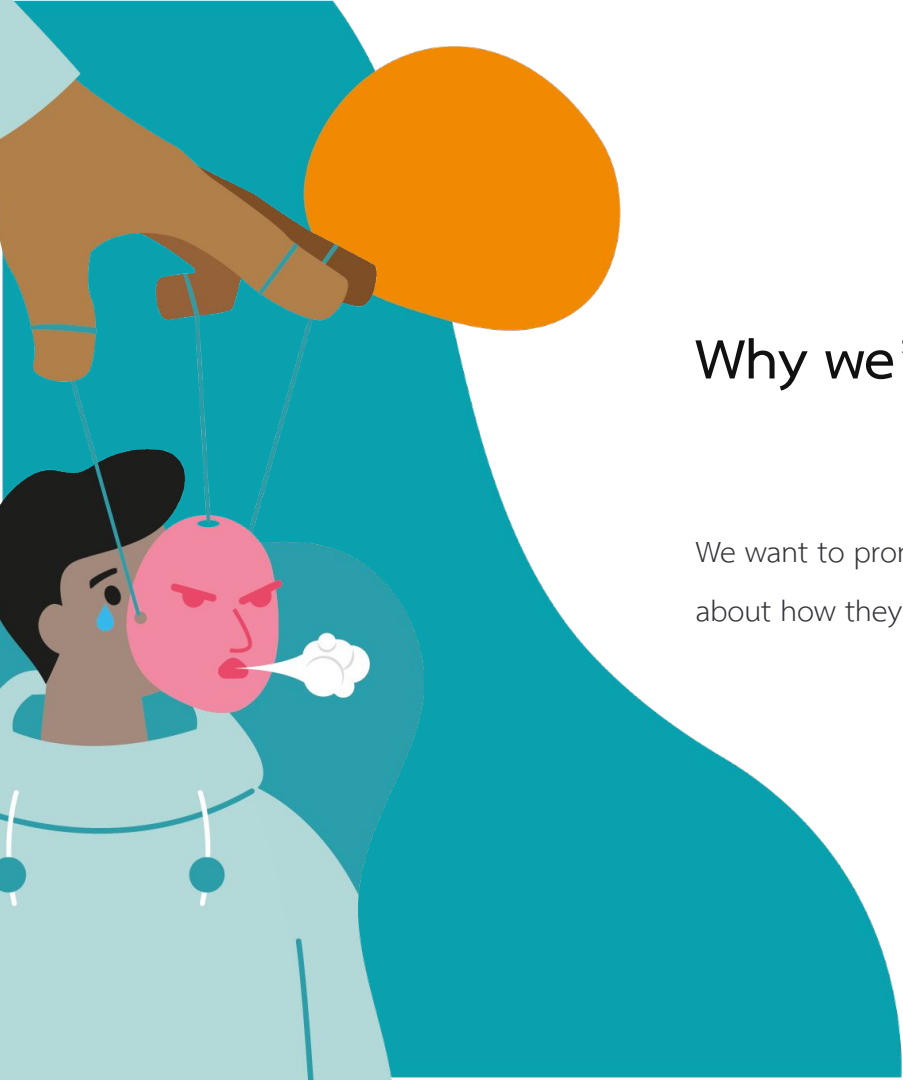


Free, safe, anonymous and online mental health support

Let's talk about anxiety and self care



go.kooth.com/8f0j



Why we're here today

We want to promote safe spaces for **everyone** to feel comfortable to talk about how they're feeling and explore how Kooth can support you

It's completely natural to feel anxious every now and then

- Starting a new school
- Moving home
- Trying new things or dealing with change
- Sitting exams
- Doing a class presentation
- Following a bereavement
- Friendship or family stresses

It can become a problem if **these feelings don't pass** after the stressful event

This is when anxiety **can affect our lives and how we think, feel and behave**

Common feelings of anxiety

Nervous, on edge, panicky

Not wanting to go to school or not
wanting to be away from home

Worrying a lot about things that may
happen in the future

Feeling more irritable or angry

Physical signs of anxiety

Feeling sick, shaky, hot, sweaty
or have a racing heart

Tense, fidgety or restless

More sensitive to noises, finding it
difficult to concentrate

Trouble sleeping or eating more
or less than normal

Can feelings of anxiety be helpful sometimes?

Preparing you for important things like sitting a test, or doing a presentation for the class.

Motivating you to put effort into your homework.

Alerting you to potential danger like crossing a busy road.

Encouraging you to perform at your best in a school play, or important sports game.

Tips on what to do when you're feeling worried or anxious

1. Get to know your anxiety
2. Learn about the purpose of anxiety and where it comes from
3. Try to challenge unhelpful self talk
4. Try an activity that helps you relax
5. Try some different ways to take care of yourself
6. Talk to someone you trust



Try the STOP technique to ease anxiety



Stop

- ↳ Stop what you're doing for a few minutes.

Take a breath

- ↳ Focus on your breathing. Take some big, deep breaths in and out, if you can.

Observe

- ↳ So that means, tuning into your thoughts, feelings, and how your body might be responding.

Proceed

- ↳ Go back to whatever you were doing, while being mindful of how you feel. Try to focus on one thing at a time, to prevent getting overwhelmed.

How self care can help when you feel anxious

It can help comfort and
distract you.

It can help you feel more
relaxed

It can take your mind off
your anxious feelings

It can help you feel more in
control

Ways to practise self care

- Spend time with a pet
- Get a good night's sleep
- Take a shower
- Get outside
- Do something creative - If you want to try something creative, why not try out **'create a calm jar' activity**.



Useful content about anxiety on Kooth



The science of anxiety

Ben in [Anxiety](#)

September 27th 2023, 1:24 PM

*This article was written by a Kooth mental health writer and contains mentions of: anxiety, symptoms, an...



Things to Help when the World feels a Little Unsafe

Ben in [Resources](#)

October 13th 2023, 10:01 AM

When the news is full of upsetting and distressing topics, it can understandably heighten our...



Rainbow relaxation meditation

JAng in [Relaxation & breathing](#)

May 19th 2023, 10:39 AM

Are there certain colours you find calming? Colours are often tied to our feelings and emotions. In this...



Try the tense and release technique for anxiety

JAng in [Relaxation & breathing](#)

May 19th 2023, 10:38 AM

Do you ever feel like there's something you need to let go of? Maybe it's a particular thought, wor...

Dr Jeri Tikare at Kooth talks about anxiety



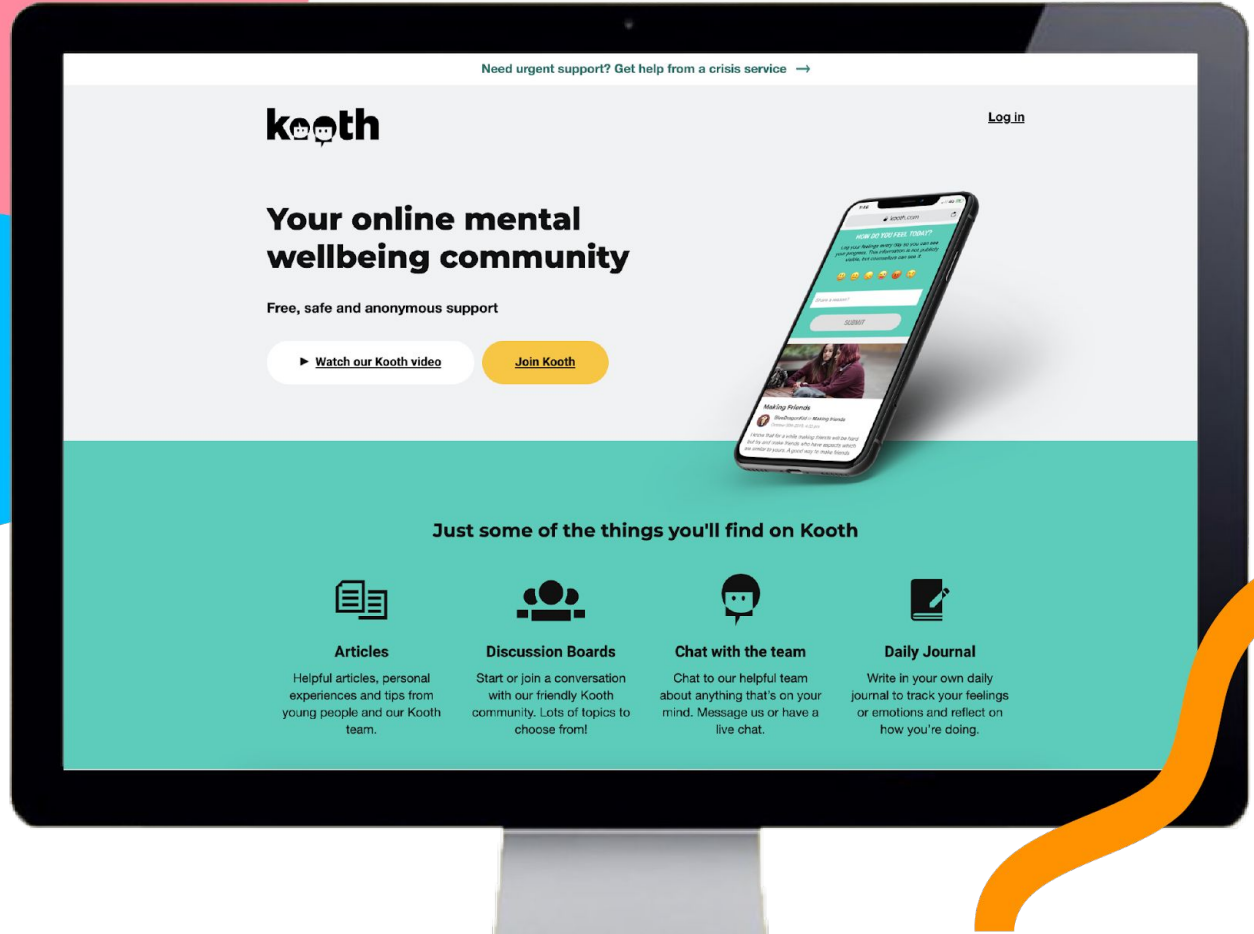
Signing up to Kooth!

1. Go to go.kooth.com/8f0j
2. Follow the sign up steps
3. Choose your own anonymous username - make sure it's memorable and keep this to yourself!
4. Choose 'KoothKlass' when you're asked 'how did you hear about Kooth?'
5. Now you're good to go! Please use the site sensibly and remember we are here if you ever need additional support



go.kooth.com/8f0j

Click on the
'Join Kooth'
button to
get started

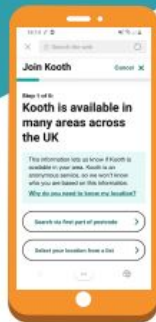




How to sign up to Kooth.



- 1 Select **Join Kooth** button.



- 2 Sign up by postcode or select your location from our dropdown list.

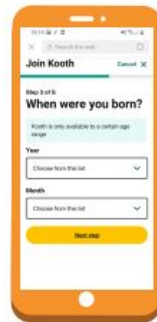


- 3 Enter the first part of your postcode.

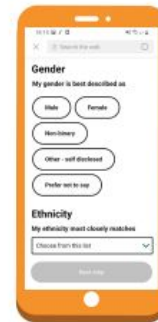
Or



- 4 Choose your area from the dropdown.



- 5 Select your month and year of birth.



- 6 Select your gender and ethnicity.



- 7 Create an **anonymous (not your real name)** username and secure password.

Kooth is a **free, safe** and **anonymous** mental health and wellbeing platform for children and young people. You can access Kooth via mobile, tablet or desktop by visiting [Kooth.com](https://www.kooth.com).



kooth.com

Everyone needs support sometimes - and if you do, **we're here**

Free, safe, anonymous and online



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