



Safe Families guide to
ANXIETY
for young people





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Who are **SAFE FAMILIES?**

Safe Families is a charity who know that facing life alone is hard and when you feel there is no one there to support you it is a scary place to be.

This guide is to help you understand and manage your anxiety.



Safe Families

NO
ONE
SHOULD
FEEL
ALONE

ANXIETY

Anxiety is a feeling of stress, panic or fear that can affect your everyday life.

Anxiety is normal and most people experience it at some point.

Everybody responds to anxiety differently, and some struggle more than others.



We all feel lots of different emotions.
Can you think of times when you have
felt some of the ones below?



Disappointed



Excited



Angry



Amused



Curious



Frightened



Love



Sad



Frustrated



Worried



Upset



Happy



Tired



Joyful



Calm



When I feel happy I . _____

What do you do when you feel that way?

When I feel worried I . _____

What do you do when you feel that way?

When I feel angry I . _____

What do you do when you feel that way?

When I feel calm I . _____

What do you do when you feel that way?

When I feel curious I . _____

What do you do when you feel that way?

When I feel excited I . _____

What do you do when you feel that way?

When I feel frightened I . _____

What do you do when you feel that way?

When I feel surprised I . _____

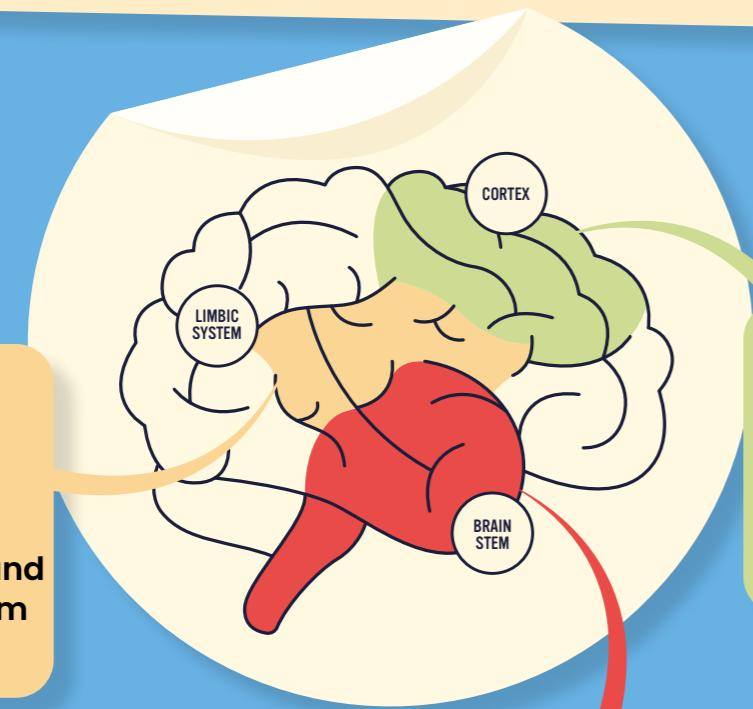
What do you do when you feel that way?



When i feel...

Your brain is divided into 3 sections, emotional, thinking and automatic.

When you are feeling a huge amount of stress and anxiety you can often feel panicked and respond with fight, flight or freeze reactions.



EMOTIONAL BRAIN

Feeling NUMB/RAGE/PANICKED and struggling to calm down.

THINKING BRAIN

Is switched off.

SURVIVAL BRAIN

Switches on the nervous system to fight, flight or freeze.

DANGER ALARM

Stress and anxiety affect the brain.

This means we can more easily become out of control of our emotions and behaviour.



Our brain has a danger alarm to keep us safe. When we are anxious or feel in danger, this alarm triggers us into a survival response.

When this happens, our thinking brain is turned off, meaning we can't think clearly.

WHEN OUR ALARM IS TRIGGERED IT CAN BE SCARY

Frightened

Tearful

Scared

Worried

Frozen

Dizzy

Disconnected

Angry

Aggressive

Shaky

Wobbly



You might want to jot down how this makes you feel and what you do when you are triggered.

WHEN OUR ALARM IS TRIGGERED

Shout

Push people away

Hide under a blanket

Run away

Throw things

Headbang

People please



YOU MIGHT....

Completely freeze

Bite

Break things

Say rude things

NOTES:



WHAT COULD IT LOOK LIKE?



FIGHT

You may become angry, violent or aggressive.



FLIGHT

You may run away, sometimes putting yourself in danger.



FREEZE

You may withdraw and seem shy, not wanting to chat.

STAY CALM

When our danger alarm is triggered we can try and get our thinking brain switched back on.

We can use calming activities to help with this.



Everybody has different ways to calm down.

There are some ideas on the following pages....

What are your favourites?



CALMING IDEAS



Fidget toys



Read a book



Word puzzles and jigsaws

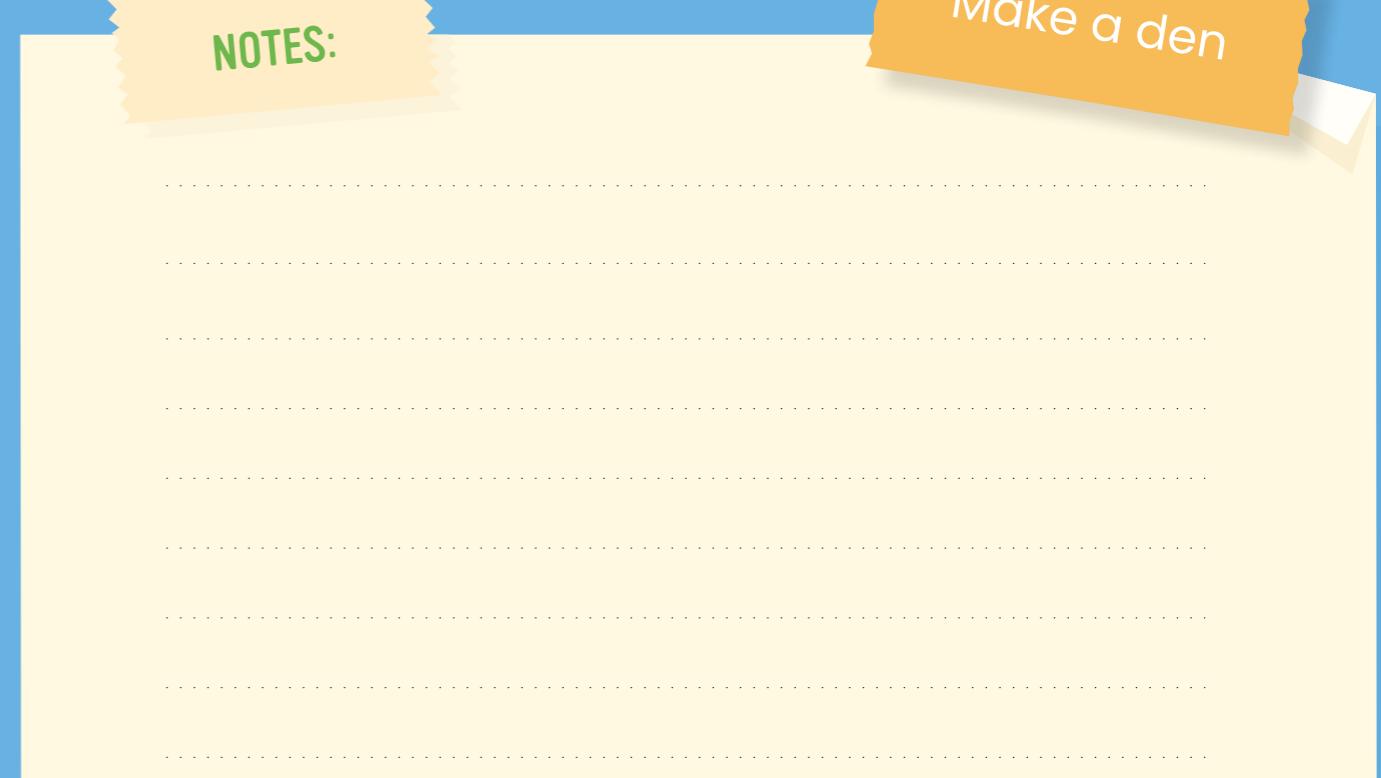


Going outside

Squeezy ball



Talk to a trusted person



NOTES

Make a den

CALMING IDEAS

Colouring

Doodle or write down
your feelings



Listen to music

Watch a funny
video

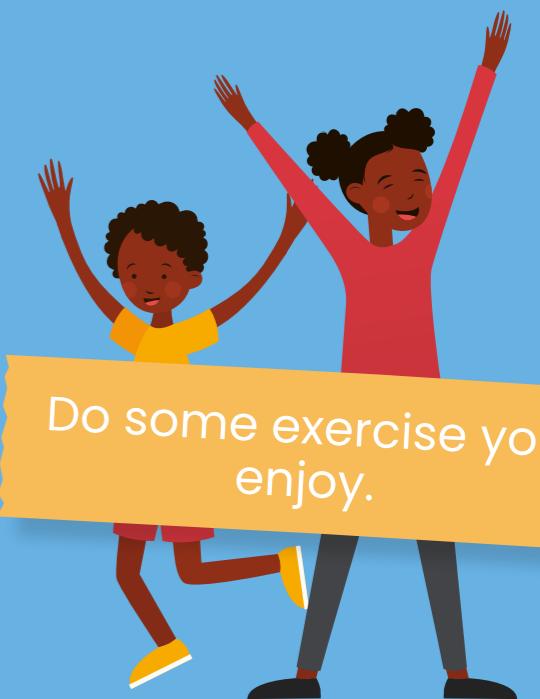


Find something with a
nice smell



Grab a snack or
soft drink

Get cosy with
some blankets



Do some exercise you
enjoy.

CALM DOWN - TAKE 5

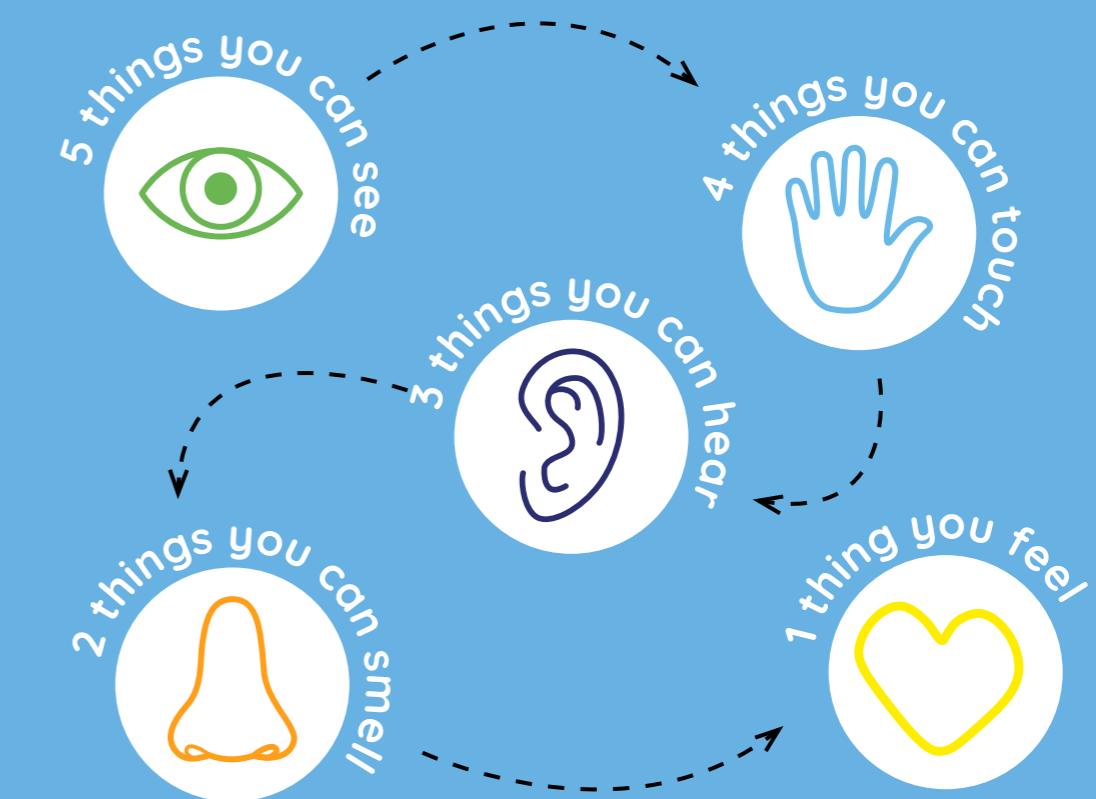
1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly – slide down the other side.
4. Breathe in through your nose – out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.



GROUNDING

Start by breathing deeply in through your nose and out through your mouth.
Then slowly bring awareness to...



This is called '**grounding**'. It helps when you are struggling to think clearly and have lost all control of your surroundings.

WHY ME?

If you are someone whose alarm goes off more easily you might have lots of triggers.

It's not your fault!

SOMETIMES IT'S BECAUSE

- You have had some difficult experiences in the past
- You are on the autistic spectrum
- You have ADHD
- You have high anxiety for any reason



Who are your GO TO PEOPLE?

Use these questions to think about who your trusted people could be.
'Who....'



SELF CARE

Looking after yourself is important too.

You could try:

Time with your friends for fun

Time to do hobbies and things you love

Healthy diet and regular exercise

Breathing and Mindfulness

BREATHE IN, AND OUT



WHERE TO GO for more help.

If you need more help, talk to a trusted adult or your doctor.

Here are some charities and organisations we recommend.

childline

childline.org.uk
Support for anyone under 19 in the UK with any issue they're going through

YOUNGMINDS

youngminds.org.uk
Care for mental health in young people

kooth

kooth.com
Digital mental health and wellbeing

SAMARITANS

samaritans.org
24 hour call in support

PAPYRUS
PREVENTION OF YOUTH SUICIDE

papyrus-uk.org
Dedicated to the prevention of suicide and the promotion of positive mental health.

NSPCC

nspcc.org.uk
Care for mental health in children

ALUMINA

selfharm.co.uk
Free online self-harm support for 11-19's

Renew Wellbeing

renewwellbeing.org.uk

**shout
85258**

giveusashout.org
Free, confidential, 24/7 text messaging support service for anyone struggling to cope.

NOTES:

Follow this QR code to our webpage and explore videos and tips you might find helpful.



safefamilies.uk/teen-guide-to-anxiety-resources/





www.safefamilies.uk

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