

## For Young People

**Knowing about anxiety helps us understand the effect on our body and how we can help ourselves.**



## Your Doctor

## A Teacher you trust

Someone you live with

**When the reasons for feeling anxious have passed, and we still feel stuck and worried, Please speak to.....**

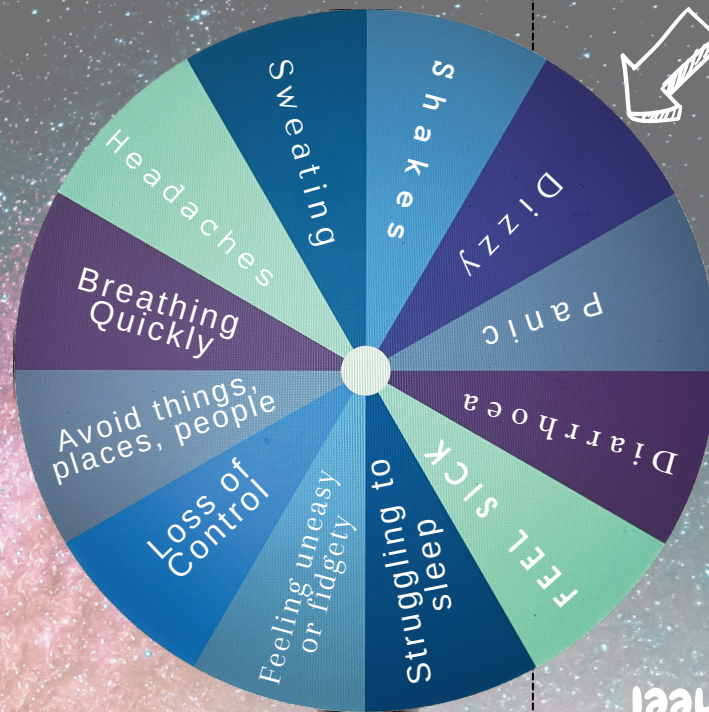


# THE HAND MODEL OF THE BRAIN

**This short video shows how your thoughts and emotions can fuel anxiety.**



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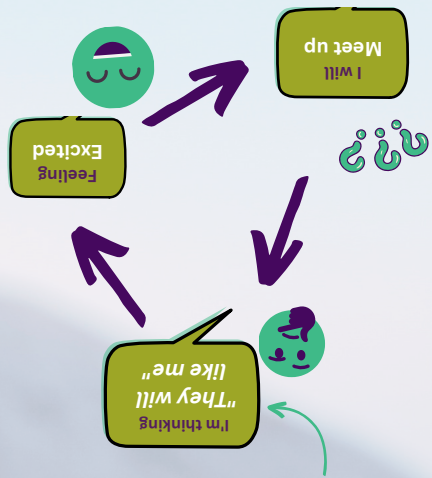


There are many ways that anxiety can affect us!

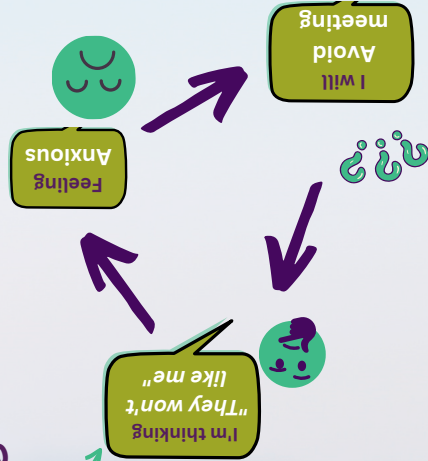
# The 'Worry Wheel'



So let's say you are about to 'meet new people', the triangles below show just changing how we think, can effect what we feel and do!



Change a thought



Self-care is a fantastic way to cope with anxiety, download and print the little books



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The little book of Exam Stress Self-care For Young People

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## Anxiety Hack

Dr Pooky Knightsmith explores how to use 'If & Then' to reduce worries.

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Why not try it!

<p>IF?</p>	<p>Then?</p>
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Some other useful Apps



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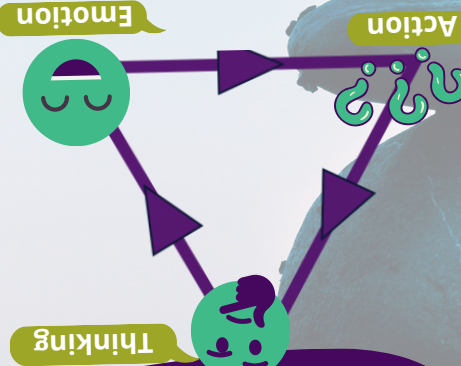
Mindshift

How to cut & fold

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The Thinking Triangle shows how our thoughts, emotions, and behaviours affect one another. If we change our thoughts this can change how we feel and act.



Using this model we can teach ourselves to transform unhelpful worries ..... read on and see how.

# The little book of Anxiety Help

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Part 2

10 Anxiety Busting Tips

