

# Managing Feelings of Anxiety: A Guide for Adolescents

## What is Anxiety?

Anxiety is a normal emotion that everyone experiences from time to time. It's your body's natural response to stress or danger. However, when feelings of anxiety become overwhelming and interfere with your daily life, it's important to learn how to manage them effectively.

## Recognizing Anxiety:

- **Physical Symptoms:** Rapid heartbeat, sweating, trembling, shortness of breath, stomach-aches, headaches.
- **Emotional Symptoms:** Feeling restless, irritable, worried, or having trouble concentrating.
- **Behavioural Symptoms:** Avoiding certain situations, feeling tense, or having trouble sleeping.

## Tips for Managing Anxiety:

- **Deep Breathing:** When you feel anxious, practice deep breathing exercises. Inhale slowly through your nose, hold for a few seconds, then exhale slowly through your mouth. Repeat several times until you feel calmer.
- **Stay Active:** Regular physical activity can help reduce anxiety. Find an activity you enjoy, whether it's going for a walk, dancing, playing sports, or practicing yoga.
- **Healthy Lifestyle:** Eat nutritious meals, get enough sleep, and avoid excessive caffeine or alcohol, as these can worsen anxiety symptoms.
- **Challenge Negative Thoughts:** Learn to challenge negative thoughts and replace them with more positive and realistic ones. Ask yourself if your worries are realistic and try to focus on solutions rather than dwelling on problems.
- **Practice Mindfulness:** Mindfulness techniques, such as meditation or progressive muscle relaxation, can help calm your mind and reduce anxiety levels.
- **Reach Out for Support:** Talk to someone you trust about how you're feeling. Whether it's a friend, family member, teacher, or counsellor, sharing your feelings can help lighten the burden.
- **Set Realistic Goals:** Break tasks into smaller, manageable steps, and set realistic goals for yourself. Celebrate your achievements, no matter how small.
- **Limit Exposure to Stressors:** Identify situations or triggers that make you feel anxious and try to limit your exposure to them when possible.

## Remember:

- It's okay to feel anxious sometimes, but it's important to learn how to manage those feelings.
- You're not alone. Many people experience anxiety, and there are plenty of resources and support available to help you cope.
- Be patient with yourself. Managing anxiety takes time and practice, but with persistence, you can learn to overcome it.
- If you're struggling with anxiety and need immediate support, don't hesitate to reach out to a trusted adult or a helpline for assistance. You deserve to feel calm, confident, and in control of your emotions.