

Anxiety

Anxiety is an unpleasant feeling that everyone experiences sometimes. You might describe it as feeling very nervous or “wound up”.

General anxiety symptoms can last for extended periods of time – it could go on for a couple of weeks or longer. It's more than just being nervous.

You might have anxious thoughts about yourself, other people, and how you think other people feel about you. You might also have anxious thoughts about the world around you and what's coming in the future.

Following on from the last article regarding '**Confronting the things you avoid**', we are going to look at continuing to confront the things you avoid.

Continuing to confront the things you avoid

Keep confronting the situation that makes you feel the least anxiety – every day if you. When you feel comfortable with the situation that causes the least anxiety, move to the next one on your list from last week and repeat the process. As you work through the list, you will start feeling anxious in fewer situations and your confidence will grow. As you progress, you will find that the situations you rated as very difficult start to seem much more manageable.

You might confront a situation that does not go as well as you hoped. Try not to give up. If you keep going, it will get easier.

If there is something on your list that seems too much, see if there is something smaller you can do to build up to it. For example, if you are anxious about going to an exercise class, start by calling the gym to ask about the class and get more information; if you are anxious about speaking in front of the class, start by talking to your partner and asking them to share your ideas. This will help you build more confidence before you tackle the main situation.

Look out for other situations that you avoid due to anxiety, and try to reduce your avoidance more and more. In time, you will feel much more confident and experience fewer anxiety symptoms.

Next week we will look at 'problem solving', when you start to find it more difficult to cope if you have a lot of problems that you cannot seem to get on top of, which in turn makes your mood worse and leave you feeling more anxious. Until then, try confronting two or three other things on your list and note the changes to your anxiety.

Working together to keep our children safe and happy.

Halina Rooney

Deputy Head of Inclusion/SENCo