

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 ‘***Continuing to confront the things you avoid***’, we are going to look at ‘***problem solving***’.

Problem Solving

You might find it more difficult to cope if you have a lot of problem you cannot seem to get on top of. This can make your mood worse and leave you feeling more anxious.

It is possible to end up worrying over problems without finding a way to resolve them. This can help to develop a structured way of working through a problem. Beginning to overcome some of your problems might help you feel better.

This guide is based on Cognitive Behavioural Therapy (CBT). CBT helps you to examine how you think about your life, and challenge negative automatic thoughts to free yourself from unhelpful thought and behaviour patterns.

How to use the problem solving self-help guide

Working through this guide can take around 30 to 40 minutes, but you should feel free to work at your own pace.

Work through the guide on your device, using the "Next" button to move forward and use the "Previous" button instead of the Back button in your browser. To type in a graphic or diary, click or tap the part you’d like to fill in and use your keyboard as usual.

If you’d like to save the guide and return to it later, you’ll need to save it as a PDF on your device before you leave the page. You can then continue filling it out on the PDF. We don’t use a login feature on our mental health self-help guides for privacy reasons.

If you’d like to print the guide at any time, you’ll find an option to save and print the whole guide, including the parts you have added, in each section.

[Click here to use the Problem Solving Guide](#)

Next week we will look at ‘self esteem’. Self-esteem relates to how we think and feel about ourselves, and how much value you think you have as a person. Until then, take some time out for yourselves and work through the self-help guide. It is the changes we make ourselves for ourselves that make the biggest difference to our lives.

Working together to keep our children safe and happy.

Halina Rooney

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