

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 ‘**Problem Solving**’, we are going to look at ‘**Self-esteem**’.

Self-esteem

Self-esteem relates to how we think and feel about ourselves, and how much value you think you have as a person.



People with low self-esteem often ignore their own achievements and positive things about themselves, and criticise themselves even when there is no reason to.

Low self-esteem is not a medical condition or mental illness on its own, although you can experience low self-esteem as a result of mental health issues like anxiety.

[Click here to use the Self-esteem guide](#)



In conclusion

Over the last few weeks we have been looking at techniques that could benefit you or your child. Keep using them; remembering that at times they will work, and at times they will not. The important thing is to keep trying things out. If there are some things that you did not find helpful to begin with, stick with them for a few weeks – cognitive behaviour therapy can take a little time to work. You are worth investing the time in.

Further help

If you are feeling distressed, in a state of despair, suicidal or in need of emotional support, you can phone NHS 24 on 111. For emergencies call 999.

If you feel you need more help with your, or your child's, mental health, try speaking to your GP or search for mental health and wellbeing services in your area.

For information and advice when you're feeling down, you can phone Breathing Space on 0800 83 85 87.

The Breathing Space phone line is available:

24 hours at weekends (6pm Friday to 6am Monday)

6pm to 2am on weekdays (Monday to Thursday).

Remember to look after yourselves over the festive period and remember to revisit the strategies if at any time you think you need to. Until next year.....

Wishing you all a very happy Christmas and New Year.

Working together to keep our children safe and happy.

Halina Rooney

Deputy Head of Inclusion/SENCo

