



Wellbeing Bulletin: Anxiety



What is anxiety?

Anxiety is a normal emotion. It is your body's defence system, alerting you to a threat. This defence system acts a little bit like a smoke alarm.



Sometimes, it alerts you to real danger. For example, when a smoke alarm detects smoke from a fire. This is useful.



Sometimes, it's a false alarm, like when you burn the toast! Our anxiety can 'raise the alarm' to a perceived threat that we think is truly dangerous but isn't. It is sometimes our body's way of trying to keep us safe.

Things that we have experienced, or that we have a fear of, may increase our anxiety levels. Anxiety can be felt in a number of different ways. It is complex and can be linked to other mental health issues. It is really important to talk to someone you trust about the way you are feeling and to have some strategies that can help you cope when you are feeling particularly anxious.



youngminds.org.uk has a huge array of resources to help you understand more about anxiety and how to cope with it. Scan the QR code to go straight to the relevant web page.

SCAN ME