

HELPFUL SITES

- ◆ youngminds.org.uk/
- ◆ hiddenstrength.com
- ◆ www.kooth.com
- ◆ www.anxietyuk.org.uk
- ◆ www.nhs.uk/every-mind-matters/mental-health-issues/anxiety
- ◆ www.mentalhealth.org.uk/a-to-z/a/anxiety

Need some support?

TACTIC offer free 1-1 mentoring support, delivered by Qualified Youth Work Mentors.

For Ages 12 – 19 years.
By appointment only.



Stay Grounded Using your 5 Senses

Distract yourself from feeling anxious.
Relax your body, take a few deep breaths and focus on your breathing.

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

Cut out and keep 

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Young Peoples Self Help Guide



TT
TACTIC | Teenage Advice
& Information
Centre

 LEIGHTON-LINSLADE
TOWN COUNCIL

What is anxiety?

Anxiety is a feeling of unease, like a worry or fear, that can be mild or severe. Everyone feels anxious from time to time and it usually passes once the situation is over. It can make our heart race, we might feel sweaty, shaky or short of breath.

Effects of anxiety on your body;

- A churning feeling in your stomach.
- Feeling light-headed or dizzy.
- Pins and needles.
- Feeling restless or unable to sit still.
- Headaches, backache or other aches and pains.
- Faster breathing.
- A fast, thumping or irregular heartbeat.
- Sweating or hot flushes.
- Grinding your teeth, especially at night.
- Nausea (feeling sick).
- Needing the toilet more or less often.
- Having panic attacks.



Do you feel;

- Anxious, nervous worried?
- Feeling something bad is going to happen?
- Tense, stressed unsettled?
- Strange, detached panicky?

How are you thinking;

- Worrying?
- Can't concentrate?
- Thoughts racing?
- Mind jumping?
- Imaging the worst?
- Going over same worry again and again?



Common thoughts;

- I'm losing control?
- I'm cracking up?
- I'm going to faint?
- My legs are like jelly?
- I'm going to have a heart attack
- I'm going to make a fool of myself?

**Stop being so hard
on yourself.... its
OK to not be OK !**

How can I manage my anxiety;

- Try to relax and take deep breaths
- Define the worst case scenario
- Take a drink of water
- Ask someone for help
- Take some time out for yourself
- GO for a walk
- DO physical exercise
- Challenge your worries
- Write your worries in a 'worry diary'
- Ask yourself if you are exaggerating or jumping to conclusions
- Let the thoughts in your head come.... that's all they are just thoughts.

