

**What Causes Anxiety?** We may have developed certain patterns of thinking and behaving which contribute to the development of an anxiety disorder but anxiety is an important emotion that serves to protect us from harm. For some people the fight/flight response becomes activated in situations where no real danger is present. The types of situations vary greatly from person to person. For example, simply anticipating poor performance on an examination can be enough to activate the fight/flight response. An anxiety disorder is usually diagnosed when a person cannot manage to function adequately in their daily life due to the frequency and severity of the symptoms of anxiety. It is important to keep in mind however, that some anxiety is functional, enabling us to get to work on time, meet demands, cross busy streets and remain aware of our surroundings.

**Sometimes an obvious threat cannot be found.** Unfortunately, most of us cannot accept not having an explanation for something and end up searching within themselves for an explanation. This often results in people thinking that there is something wrong with them - they must be going crazy or dying. Cognitive Behavioural Therapy helps people to look at these type of thoughts differently and find ways to cope with anxiety symptoms.

Some types of anxiety:

- ◆ General Anxiety Disorder
- ◆ Panic
- ◆ Social Anxiety
- ◆ Performance Anxiety
- ◆ Phobias
- ◆ OCD

If you are unable to attend this course for any reason, please see below for some of the best resources available which could support you or your child with anxiety:

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
[www.anxietycanada.com](http://www.anxietycanada.com)  
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)  
[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

You could also contact VitaMinds on 0333 200 1893 or email them at:

[refer.BNSSG@nhs.net](mailto:refer.BNSSG@nhs.net) to book an assessment for help with Anxiety (over 18s only)

If your child wants to see a counsellor there is a self-referral system in School which they can access by asking their Head of Year. Or, if they prefer external counselling, you could try:

In Charley's Memory (01278 557490) or Help! Counselling (0117 950 2511)

#### [Worle Community School Academy](#)

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Weston-super-Mare  
BS22 8PX

Phone: 01934 510777  
E-mail: [admin@worle-school.org.uk](mailto:admin@worle-school.org.uk)  
[www.worle-school.org.uk](http://www.worle-school.org.uk)

## Anxiety Management Course for Parents



Fridays 1.00pm – 2.30pm on:

28<sup>th</sup> February  
6<sup>th</sup> March  
20<sup>th</sup> March  
27<sup>th</sup> March

Please email to book your place:

[wgriffin@worle-school.org.uk](mailto:wgriffin@worle-school.org.uk)

WORLE COMMUNITY SCHOOL





# Anxiety

**What is anxiety?**

**How can we manage it?**

**Why do we worry?**

**Tips and techniques to help control anxiety and worry**

**How cognitive behavioural therapy can help**

The course will run for 4 weeks, led by Wendy Griffin (MA in Psychology of Education, FdSc Counselling & Psychotherapy). It will involve presentations and discussions in small groups. You will not be made to speak if you do not wish to. The course is designed to help you with your own anxiety and worry but should also help you support your children if they struggle in this area.

**Please email**

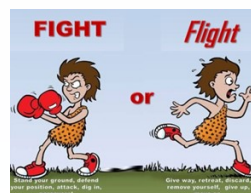
**wgriffin@worle-school.org.uk**

**to book a place.**

## What is Anxiety?

Many people experiencing the symptoms of anxiety can begin to wonder if there is something really wrong with them. One typical fear is that they might be going crazy. Unfortunately, the reactions and comments from other people such as, 'just get yourself together' are not very helpful. Although you might feel alone in your struggle against anxious moods, the reality is that many people experience these moods either from time to time, or on a more regular basis. In fact, it is estimated that 1 in every 5 experience significantly anxious mood at some time in their life. Anxiety can affect any kind of person at any stage of their life, whether they are an introvert or an extrovert, socially active or shy, youthful or elderly, male or female, wealthy or poor. Whatever your distinction, you can become anxious. So remember, you are not alone.

Feeling afraid is very much a part of the experience of being human. It occurs in response to realistically anticipated danger and therefore is a survival instinct. For example, if a ferocious animal confronted us it is likely that we would respond with fear. This response is important because it initiates a whole series of physical and behavioural changes that ultimately serve to protect us. In this example, when confronted by an animal, the feeling of fear would probably lead us to either run for our lives or become sufficiently 'pumped up' to physically defend ourselves.



The experience of anxiety is very similar to the experience of fear - the main difference is that anxiety occurs in the absence of real danger. That is, the individual may think that they are in danger but the reality is that they are not. Fight/Flight Response It is important to fully understand the way our bodies react to threat or danger, whether real or imagined. When a person is in danger, or believes that they are in danger a number of changes occur. This response has been named the fight/flight response.

When confronted with danger typically the heart rate and breathing speeds up and the body's temperature begins to increase and muscles become tense. In primitive times, if a wild animal confronted us it would be foolish to relax and be off guard as soon as the animal began to back off. The chances of danger continuing in such a case causes the body to remain prepared for the need to once again face danger. Therefore, some residual effects of the fight/flight response remain for some time and only gradually taper off. This can leave the individual feeling 'keyed up' for some time afterwards. This helps to understand why it is that people can feel anxious for ongoing periods of time when no obvious stressor is present.

