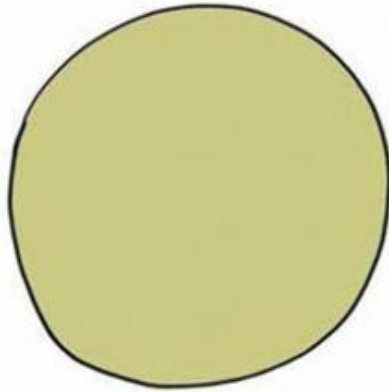
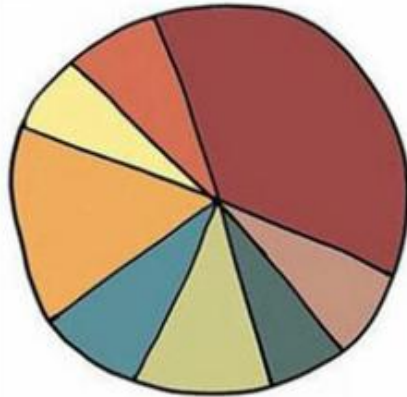


## WHAT PEOPLE THINK ANXIETY FEELS LIKE



Worrying about everything, all the time

## WHAT ANXIETY ACTUALLY FEELS LIKE



- sweating, a lot
- second-guessing yourself
- muscle tension
- trouble sleeping
- chest pain
- overthinking all the things
- increased heart rate
- your mind and body refusing to cooperate, no matter what you know is rational

If you are struggling with Anxiety, below are some helpful numbers and websites .

### **In school**

Speak with

Form Tutor, Head of Year, Chaplain, Pastoral support, Mrs Collins, or any trusted person

### **Email**

[Lem-wellbeing@englishmartyrs.org](mailto:Lem-wellbeing@englishmartyrs.org)

### **No Panic**

[www.nopanic.org](http://www.nopanic.org)

### **Anxiety Uk**

03444 775774

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Childline**

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

### **Charlie Waller**

[www.charliewaller.org/resources/managing-stress-and-anxiety](http://www.charliewaller.org/resources/managing-stress-and-anxiety)

Downloadable resource on exam stress