

Ways to look after our mental health

Anxiety and Worry

We hear the words worry and anxiety all the time, and you may have heard them a lot more likely since the Coronavirus has been around. But do we know what worry and anxiety actually are?

You can think of it as a bad thought that gets stuck in your head. You might not know exactly what it is..... but IT IS bothering you. It can make us feel a mixture of emotions, not just worried 😞. Worry and anxiety are very normal feelings that everyone will experience at some time in their life.

Worries can sometimes make us feel ill or sick. They can make us feel tired 🤔, so we have less energy to do things. Worries can take over our thoughts and we may not be able to concentrate or do our work, we might forget things.

What might happen then? We may get angry 😡, confused 😕 or frustrated 😞. We could become unhappy 😞 or tearful 😭.

What can we do if we are feeling worried or anxious?

There are many ways we can generally look after our mental health (our thoughts and feelings) including:

- Talking about our feelings
- Keeping hydrated (drinking enough water)
- Eating healthy food
- Getting enough sleep
- Daily exercise
- Take some time to yourself to relax
- Listen to music
- Read

A great way to help deal with our worries and anxiety is to look at what we can control. We worry about many things, some of them will be things we can control, some of them will be things we can't control.

Use the template below:

In the **heart**: Note down the things you can control in your life

In the **circle**: Note down things you can't control in your life

Here are some examples:

I can control: My words to others, my actions, how hard I work, my words to myself, my attitude.

I can't control: Other people's actions, the weather, the past, other people's feelings, who likes me.

Have a think about what you are worried about and decide whether they go in the heart or the circle.

If they are in the **heart**, have a think about what you can do to reduce that worry, how can you take control and change it. Fight your worry with action!

If they are in the **circle** and out of your control, you will need to put the effort in not to worry about these things. At first, you'll find it hard not to worry about the things you can't control, but if you use self-control and refuse to worry about them, it will become easier.

