

What might be the connection between a bear, a caveman and preparing for an exam tomorrow?

Який може бути зв'язок між ведмедем, печерною людиною і підготовкою до іспиту завтра?



Mental Health and Wellbeing at Wallingford School

Психічне здоров'я та добробут у школі Уоллінгфорда

Two elements to this

a) Helping students who are currently struggling with their mental health and wellbeing

e.g. counselling, School Health Nurse

b) Raising awareness, offer training and skills for students, staff and parents – this bit is new. This is what Mrs Driscoll, Ms Ward and Ms Thirwall are doing



Focus for 2022-2023

Information and support and guidance
about Anxiety

Інформація, підтримка та вказівки щодо
тривоги



What is the difference between anxiousness and Anxiety?

Яка різниця між тривогою та тривогою?

Monday 10th October – World Mental Health Awareness Day

We will find out:

- What makes us feel anxious or nervous or stressed
- What can cause Anxiety
- What the difference is between anxiousness and Anxiety

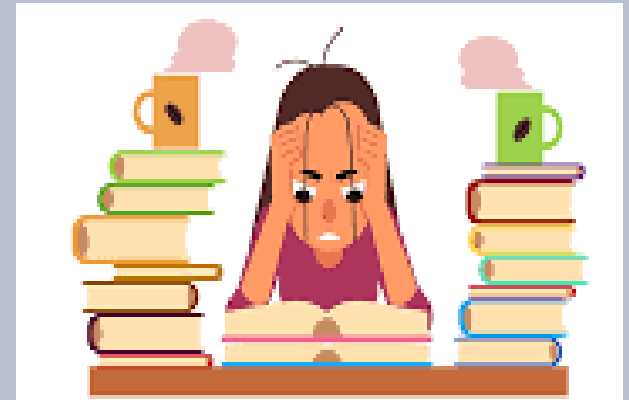


- <https://www.youtube.com/watch?v=LB0NLJjVYJo>

Watch the video to find out what happens in your brain when you feel anxious



So the connection between a bear, a caveman and preparing for an exam tomorrow is that our brain still reacts the same way as it did when we were cavemen running from bears, when we simply have an exam or job interview



The Thinking Brain & The Alarm Brain

Thinking Brain

In the frontal part of our brain, thoughts & positive feeling for other people are created. This part of the brain holds helpful resources
(problem solving skills /
planning / other experiences)

Alarm Brain

This part of the brain monitors dangerous and uncomfortable feelings / situations

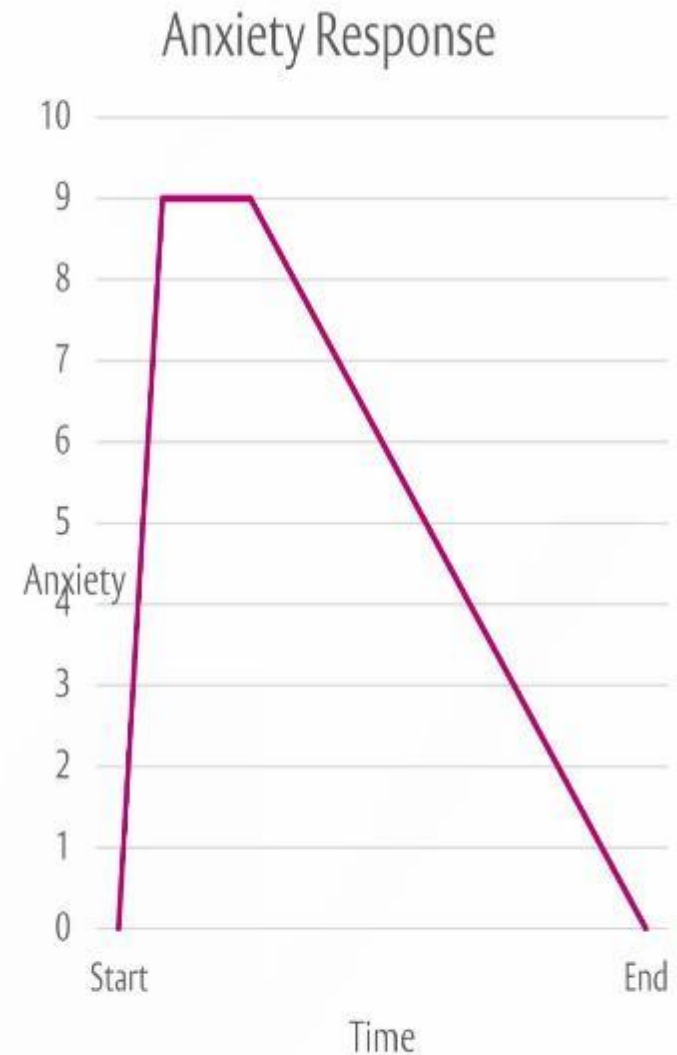
www.cwmt.org.uk

myresilience.org
Poul Lundgaard Bak, MD



Feeling stressed / nervous for a short period or an obvious cause is NOT a problem. It is a NATURAL reaction to something stressful

- Humans have a built in alarm brain that allows us to escape from danger. Humans cannot turn this off. Once the “alarm” has gone off, it take about 20 minutes for the brain/heart and other physiological states to return to normal.
- This is our Fight and Flight or Freeze or Fawn reflex
- Alarm Brain is really important as it gets us to “safety”.
- It makes us MORE ALERT and responsive.



Symptoms and signs of normal nerves/anxiousness

When you get normal nerves or anxiousness, you may feel some or all of these things BEFORE or during the situation

- A tight feeling in your tummy / Butterflies in your tummy
- A need to go to the loo
- Sweaty palms / hands
- Feeling hot or flushed
- Shortness of breath
- Increased heart rate
- Yawning
- thirsty
- Spare energy / Feeling fidgety or needing to move a lot, unable to sit still
- Not able to sleep properly for one or two nights
- Feelings of self-doubt and or “what if”...

If you occasionally suffer from these things, you do not have ANXIETY.



These physical feelings are your body getting ready to respond to a “threat” and do one of the 4F’s. The physical feelings we get in response to stress actually help us to be more alert and to deal with the source of the stress.

As soon as the threat has passed, the feelings should subside within a few minutes.

e.g. during or at the end of being in a play, all the “nerves” disappear.

Normal nerves do NOT disrupt your everyday life or stop you from doing normal things



What kind of things might make us feel nervous, or have **NORMAL** nerves?

NORMAL NERVES might happen when...

- **Job interviews**
- **First day at a new school, club, workplace, university etc**
- **Giving a presentation**
- **Going on stage to perform**
- **A music exam**
- **An important sports match or competition or grading**
- **An exam**
- **Need to get a plane or train on time**
- **Have a lot to organise or remember, such as packing for a holiday**

These are all situations where the outcome is unknown, we are not sure or confident of our own competence in this situation, we are out of our **COMFORT ZONE**. This is **NOT** a bad thing – it is how we learn best and how we get to do new and exciting things.

Or it might be there are potentially things that are out of our control, such as traffic on the motorway.



If you have the signs and symptoms of anxiousness / nervousness, think about what might be the cause

Do you have something coming up that is important to you or might be challenging or out of your comfort zone because you have never done it before?

Can you identify what the source of your nervous or stressed feelings are?

In which case, you have **NORMAL NERVES**

Once the source of stress has passed, you will feel differently – calmer, relieved, proud, happy, tired.

You could talk through your nerves with someone who has experience the stress before, such as older siblings, peer listeners, friends and they can reassure you.

This is not ANXIETY



Exposure - Facing the fear – having a go

If we do NOT avoid the situation in the future, the first time will be the worst.

Each time after that, we will not be quite so nervous/anxious as the time before and the feeling will pass a little quicker. We know we have done it before, like an exam, and it was not too bad. We

And we learn that this is what happens over time



Anxiety

Anxiety is different from normal nerves / anxiousness.

This is when the feelings, signs and symptoms don't go away, even when there is no threat / obvious immediate or upcoming source of stress

The feelings last for longer

The feelings may be more intense

The feelings stop you doing normal things

You can't identify what is making you nervous – it feels more general

If you are feeling like this, then you need to talk to someone at home or in school and get some support.

[Nervous vs. Anxious: What's the Difference? \(verywellmind.com\)](https://www.verywellmind.com)



5 steps to mental well being

Evidence suggests there are five steps we can all take to improve our mental wellbeing

- Connect
- Be active
- Keep learning
- Give to others
- Be mindful

