



Focus: Mental Health Awareness: Anxiety

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam or a job interview.



Spot the signs of anxiety: It's important to recognise your symptoms of anxiety, reasons for them and how to take action.

Face your fears gradually: Avoiding situations can make our anxiety worse. Slowly facing up to things you find challenging may help.

Challenge unhelpful thoughts: Try to catch negative thoughts and replace them with more realistic ones.

Set up a daily "worry time": To address or write down your concerns.

Reduce tension with relaxation exercises: [Check out these helpful mindfulness and meditation videos.](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/what-is-mindfulness/)

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If anxiety gets too much for us or if it persists, it can have a negative impact on our daily life. The good news is that there are simple ways to help manage symptoms of anxiety and one of the key ones is physical activity.



Start small and build up slowly: To the recommended 150 minutes of physical activity a week if you can. Why not try a free NHS-approved app – such as Couch to 5k and Active 10 – to get moving?

Choose a physical: activity you will enjoy. It will be much easier to keep motivated if you pick something you like.

Make being active fun: Listen to a new podcast while on a brisk walk or invite a friend or a family member to join.

Go outside: Whether it's your local park or common, being out in nature helps to clear the mind.

Physical activity not always front of mind? Keep your active kit next to your front door as a reminder.

There are little things we can all do to take care of our mental wellbeing.

1. **Being aware of unhelpful thoughts:** Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. **Focus on now:** Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. **Getting enough rest:** Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.



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- 4. Connecting with others:** Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.
- 5. Living a healthy lifestyle:** Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.
- 6. Do something for yourself:** Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.

Mental health support during school hours

There is support in our school for anyone wanting to discuss worries. You can speak to your Form tutor, your Pastoral Manager or Head of Year or a member of staff who you feel you can talk to. The best time to do this is before 8.40am in the morning, at break, at lunch time or during PLaN. **Learners in 6th Form:** Please speak to either Mr Lewis, Director of 6th Form, Miss Simpson Head of Year 12, or Mrs Stickels, Pastoral Manager. Alternatively email SixthFormTeam@uptonhigh.co.uk.

Important: *In a crisis, please do not contact members of staff outside of school hours since they will not be able to help you at that time. Please contact either local or national support found below:*

Mental health support outside of school hours

Local support is available. You can speak to:

- Your Doctor (GP)
- Your local Child and Adolescent Mental Health Services call: 01244 397644

Monday to Friday 5pm-10pm

Weekends 12pm- 8pm

- A mental health practitioner at your local Hospital A&E in an emergency

The following national organisations also offer support:

- Childline - counselling service: www.childline.org.uk - 0800 1111
- Kooth - free, safe and anonymous online counselling and support: www.kooth.com
- On My Mind - make informed choices about mental wellbeing: www.onmymind.info
- AFC Crisis Messenger -Crisis Messenger text services provides free, 24/7 crisis support: Text AFC to 85258
- Shout - 24/7 text service if you need immediate help www.giveusashout.org: Text shout to 85258



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