



MANAGING THE MOMENTS

A Safe Community Coalition Initiative

TIPS FOR ANXIETY AT SCHOOL

What is the difference between stress and anxiety?

Stress—a physical, mental or emotional response to threat

Ex: You have an English test and you are restless, blank minded and discouraged because you don't understand the material.

Anxiety—a reaction to stress

Ex: The English test stress is now manifesting with sweaty palms, rapid heartbeat, headache and very persistent negative thoughts reporting "I am going to fail."

What tools can I use to dial down my anxiety?

- Take a series of slow and steady deep breaths.
- Name and acknowledge the anxiety: "I am feeling anxious" about the test.
- Assign physical qualities to the anxiety (color, texture, sound, smell, taste).
- Personify your anxiety. Draw or find search online for what your anxiety might look like.
- Watch a short but favorite YouTube video to employ sense of humor and laugh.
- Listen to upbeat music that will inspire you to move your body.
- Exercise, go for walk, or lay on floor and do some stretching)
- Eat a healthy snack like fruit or nuts.
- Take a nap or get some sleep and see if you feel better when you wake up.
- Use perspective. When have you been more or less anxious? How or when did it resolve?
- Break down tasks into smaller, more manageable goals.
- Create and use positive mantra: "I got this!"
- Visualize the outcome you desire: describe mental picture yourself doing well the English test.
- Use techniques from other Managing the Moments videos
 - Mindfulness and/or Meditation
<https://www.youtube.com/watch?v=i4LCcLBeEH4&feature=youtu.be>
 - Brain Breaks with Virtual Learning
<https://www.youtube.com/watch?v=f3tWggEwugk&feature=youtu.be>