



Mindsapes
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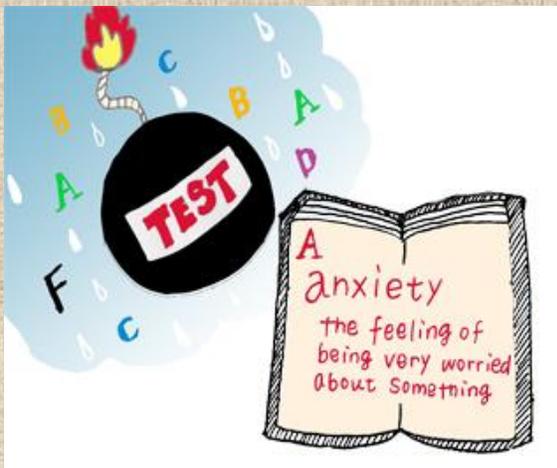
ANXIETY

Dear Parents,
This edition of Mindsapes will focus on the factors that cause anxiety in students. We will also share some practical ways of managing stress and anxiety related issues. We hope this will help students and parents manage anxiety as well.

WHAT IS STRESS

'Stress is the body's reaction to a challenge. Though stress is often perceived as bad, it can actually be good in some respects. The right kind of stress can sharpen the mind and reflexes. It might be able to help the body perform better, or help you escape a dangerous situation.'

From:
<https://www.learnpsychology.org/student-stress-anxiety-guide/>



TYPES OF ANXIETY

Students can develop several types of anxiety. Some of them are;

1. Social anxiety
2. Separation anxiety
3. Generalised anxiety
4. Selective mutism

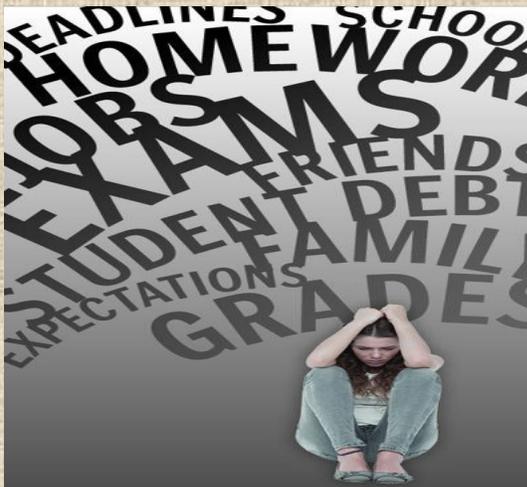
Feeling Upset?
Here's 5 Ideas to Help with Anxiety

- 1 Calm Breathing**
Relax & do the 4-7-8 Breathing
- 2 Lifestyle**
Get Enough Sleep
Eat Healthy Foods
Exercise Every Day
- 3 Connection**
Connect with Others
Connect with Nature
- 4**
- 5 Positivity**
Think positive thoughts
Dream & use your imagination to think of good things

FOOD FOR THOUGHT

"When you are feeling anxious, remember you are still you. You are not your anxiety."

Deanne Repich



SIGNS AND SYMPTOMS ANXIETY



1. Inattention and Restlessness

One of the subtle signs of anxiety can be lack of focus and inability to remain on task. Students who may be unable to follow a discussion or may feel the need to move frequently may be suffering from anxiety.

2. Clinginess or absence from school

Students suffering from separation anxiety may find excuses of not going to school very frequently. They may also exhibit clingy behaviors as they don't want to separate from their caregiver and would like to talk to them several times in a day.

3. Disruptive behavior

Students who exhibit behaviors that are usually related to negative feelings may also be suffering from anxiety of some sort. Kicking, biting, shouting or excessive repetitive questioning can be some of the expressions of their uncertainty related with anxiety.

4. Avoidance in class/homework

Students suffering from anxiety may show resistance towards answering questions in class or doing their homework at home. They may even complain about not making any sense of certain concepts or subjects only while they excel in others.

5. Avoiding social settings

Students with anxiety may avoid tasks and activities which may demand social mingling like going for shopping or movies with peers or relatives, giving out a presentation or working in a group.



TIPS FOR MANAGING ANXIETY

This section will provide some tips for students and parents to help manage anxiety.

1. **Get enough sleep.** As the body is undergoing stress it is important that students get plenty of sleep. This is specially important during exams when students stretch their revision hours compromising their sleep.
2. **Positive self-talk.** Talking to ones' self about the positives in a situation is very important. Highlight the strengths and previous accomplishments and don't focus on the challenge factors out of proportion.
3. **Vent it out.** Have a venting out system for maning anxiety. Quality dinner time as a family, walking or jogging in a park or playing some game with the kids can be ways of providing positive energy. Students should have access to a grown-up who can understand their emotions and guide them accordingly.
4. **Engage in relations.** A bit of mindfulness or yoga can be an easy of calming oneself down. If arts and music is something that students enjoy then let them be engaged in that to destress themselves.



Further Reading:

<https://www.learnpsychology.org/student-stress-anxiety-guide/>

<https://childmind.org/article/classroom-anxiety-in-children/>

