

Additional Support:

Samaritans:

Helpline: 116 123

Email: jo@samaritans.org

www.samaritans.org

Mind:

Mental health
information and support

Infoline: 0300 123 3393
(Mon to Fri 9am – 5pm)

Email: info@mind.org.uk

Text: 86463

www.mind.org.uk

Anxiety UK:

Infoline:
08444 775 774

(Mon to Fri 9.30am – 5.30pm)

Text: 07537 416 905

www.anxietyuk.org.uk

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as a replacement for professional advice on mental health. Our information is written using the latest evidence and research and using people's lived experience. You can select the information that works for you and your students; however, we cannot accept any responsibility if you or your students rely on the material included within this resource. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a qualified health professional if they are concerned about their mental health. When using this resource, you are responsible for the safety of those involved with using this resource, including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.

Staff Wellbeing: Coping with Stress and Anxiety



This information leaflet explores what stress and anxiety are and ways to help if you are feeling stressed or anxious.

Getting Help

Having one or more signs of anxiety or stress does not necessarily mean a person has an anxiety problem or is stressed. You may recognise anxiety or stress within yourself and feel that you have coping strategies that work. However, if you find your anxiety or stress overwhelming, it is important to seek help. If a person has some signs of anxiety or stress, it is really important that they have someone they can confide in and a support network they can call on for help. This could include colleagues, friends, their doctors, family members and mental health organisations. Getting help is the first step to getting better.

Getting Better

There are many things you can do to help yourself, such as talking to others, doing breathing exercises or joining a peer support group. You can find out more about self-help resources on [Mind's website](#). If you need more support, seeing your doctor is a vital step to getting the support you need. There are two main ways that anxiety is treated by your doctor:

1. Talking therapies – these involve talking to a trained professional on a regular basis. There are many different types of talking therapy but they all aim to help you make sense of complicated feelings, recognise unhelpful patterns or things in your life and understand yourself better. One type of therapy offered for anxiety is Cognitive Behavioural Therapy (CBT). CBT focuses on your thoughts, beliefs and behaviours; it teaches you coping skills for dealing with different problems.
2. Medication – anxiety medication is sometimes prescribed by the doctor if other ways are not working or if the anxiety is particularly difficult.

How Can Colleagues Help?

Colleagues can help someone with anxiety by:

- being there to listen and not judge;
- suggesting that the person goes to see someone to get some help;
- making sure that all involved have a support network of people to talk to;
- having a remote buddy to support staff wellbeing remotely;
- recognising the impact that social distancing has on others and ensuring that there is an ethos which supports colleagues' wellbeing.

Introduction

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations. Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life.

What Is Anxiety?

Anxiety is thought of as a problem if it stays for a long time after the difficult situation has gone or if the anxious feelings get worse. Anxiety is very common and there are lots of different types of anxiety, including generalised anxiety, social anxiety, health anxiety, phobias, perinatal anxiety, body dysmorphic disorder, panic disorder, obsessive-compulsive disorder and post-traumatic stress disorder.

What Is Stress?

Stress is the body's reaction to change – it is telling us that an adjustment or response is needed. It can be a normal part of daily life but there can be times or situations that cause greater stress which is harder to cope with.

Signs You May Notice:

- Having stomach cramps or diarrhoea
- Feeling dizzy or faint
- Getting a dry mouth
- Shaking or trembling
- Palpitations
- Not wanting to eat
- Not being able to concentrate
- Feeling tired and irritable
- Finding it hard to sleep
- Feeling low in mood
- Feeling frightened, nervous or panicky lots of the time

