

Do Now

Lesson 3: Anxiety - how do we manage it successfully?



Chen has always been a calm and positive person. However, in the waiting room for his first job interview, he can feel his heart racing, his palms beginning to sweat, and it seems as though his thoughts are speeding by at 100 miles per hour.

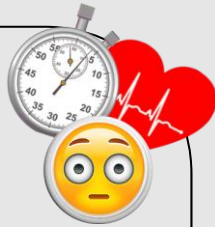
Discuss: What is Chen experiencing at the moment? Is this a healthy reaction to the situation?



Why do we learn about different mental health conditions in school?

I think we learn about different mental health conditions in school because...

Anxiety - how do we manage it successfully?



Learning outcomes:

Describe the symptoms of anxiety and how long- and short-term anxiety are different.

Explore how anxiety affects the brain and explain strategies to manage anxiety.



Mental Health - a person's condition with regard to their psychological and emotional well-being.

Anxiety - a feeling of unease, such as worry or fear, that can be mild or severe.

You were most likely to ascertain that Chen was suffering from anxiety. However, he is waiting for his first job interview, so this is actually a very normal and expected response to the situation. Some anxiety in response to new, intimidating experiences is pretty healthy.

Conversely, long-term anxiety is an extremely uncomfortable and, in some cases, highly debilitating experience.

It's longer-term anxiety and how to manage it we will be focusing on today.



Did you know?

People aged 16 to 29 years are more likely to have some form of anxiety disorder (28% likely) according to the Mental Health Foundation.

Anxiety - how do we manage it successfully?



BELONG CARE ASPIRE SUCCEED



Why are we focusing on anxiety today anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class. **We'll reveal the answers on the next slide.**

There are highly effective treatments for anxiety disorders.

In 2023, an average of 37.1% of women and 29.9% of men reported high levels of anxiety.

Anxiety disorders are the world's most common mental health disorders, affecting 301 million people in the last five years.

Anxiety, if left untreated can lead to low blood pressure.

Anxiety is a common type of fear usually associated with the thought of a threat or something going wrong in the future, but it can also arise from something happening right now.

Belong - Care - Aspire - Succeed

Anxiety - how do we manage it successfully?



Let's see how many we were right about.
All except one of the statements were true.
Anxiety does not lead to low blood pressure, but it can contribute to high blood pressure.

There are highly effective treatments for anxiety disorders.



In 2023, an average of 37.1% of women and 29.9% of men reported high levels of anxiety.



Anxiety, if left untreated can lead to low blood pressure.



Anxiety disorders are the world's most common mental health disorders, affecting 301 million people in the last five years.



Anxiety is a common type of fear usually associated with the thought of a threat or something going wrong in the future, but it can also arise from something happening right now.



Anxiety - how do we manage it successfully?



THORNDEN THREE - GUIDED READING!
Follow the text in your booklet.



Belong - Care - Aspire - Succeed

We will now find out more about mental health, anxiety and how to manage it

THORNDEN THREE = GUIDED READING



Mental Health refers to a person's social and emotional well-being. It changes throughout our lives and affects how we feel, think and behave. Mental health can also determine how an individual reacts to stress, relationships and decision-making. It can even change a person's brain over time – however, it can also change back again! Maintaining good mental health is important at all stages of life, but there are lots of things that can happen to us to knock a person out of balance and cause problems. Everyone will experience some episodes of poor mental health at some point, as it is a natural reaction to adversity (things not going well). We are supposed to feel sad when a loved one passes away, for example – and it's ok to be sad for a very long time. This doesn't mean there's anything wrong with you. However, if you feel sad all the time, and it doesn't improve over a long time, or gets worse (especially if nothing sad has happened to you), this could possibly indicate a mental health issue.

In England in a recent survey, it was found that one in six adults had a common mental health problem: about one in five women and one in eight men. 1.60 million people were in contact with the mental health services of the NHS. The majority of these (1,062,121) were in contact with adult services, however, 388,887 people were in contact with children and young people's mental health services, at the end of April 2022. This means there are a lot of concerned parents and guardians out there, worried about the mental health of their children.

What can trigger mental health disorders?

Mental health problems can be caused by a wide range of factors. For many people, there is a complex combination of reasons why their mental health is suffering. Everyone is different and different factors will affect everyone in different ways. Some of the most common causes of poor mental health are outlined below:

- **Biological factors** such as genetic influences and a person's innate brain biochemistry.
- **Environmental factors** such as overcrowding, homelessness, poor diet, or unhygienic living conditions.
- **Discrimination and stigma** such as racism
- **Negative life experiences** such as trauma, domestic violence, bullying and abuse.
- **Bereavement**- losing a loved one.
- **Negative thoughts**- feelings of inadequacy and thoughts of harming yourself or others.

- **Unhealthy habits**- smoking, poor nutrition or lack of exercise.
- **Drugs and alcohol**- abuse of both alcohol and drugs can cause mental health problems as well as temporarily masking them.
- **Social isolation** can be detrimental to a person's mental health. Humans are innately sociable creatures.
- **Social disadvantage**- Poverty and debt
- **Long term physical health conditions** such as diabetes, cancer and disability.
- **Social media over-exposure** – such as from comparing your real body to photoshopped bodies on social media

What forms can mental health disorders take?

People will often face difficult times throughout their lives. Feeling sad or angry or worried in response to problems is not in itself a mental health disorder. Mental health issues arise when those perfectly natural feelings persist or are continually get worse – perhaps not in response to anything in particular. There are many different types of **Mental health disorders** and a person may be suffering with one or more at any given time.

They can be chronic; an illness persisting for a long time, or constantly recurring, or acute, which means an illness which is severe but short-lived. This means that many people need to receive help and treatment - and that costs money. Currently, the UK government is spending more than £14.31 billion pounds on mental health provision, but many would argue that even this huge amount of money is not enough.

Remember though, there are many things that you can do to improve your mental health too keep it positive too. Here are a few examples of small steps we can take ourselves:

1. Seeking professional health when the warning signs start to appear – we will explore those shortly.
2. Connecting and speaking with others – seeing our friends and family regularly is a tonic.
3. Staying positive – talk yourself up!
4. Getting physically active – playing sports in a team also covers socialising too!
5. Helping others – this makes us feel good about ourselves.
6. Getting enough sleep – this helps the brain repair itself and make sense of what has happened recently.
7. Developing resilience and coping skills – these are very important and will be explored more throughout this PD unit.



Discuss:

How should we judge the severity of mental health disorders?

How is anxiety different to fear?

Why do some people experience persistence anxiety?

What happens to the minds of people with anxiety disorders?

What is the good news for people with anxiety disorders?



Let's go through the answers together.
Don't forget to correct any you didn't get right the first time.

How should we judge the severity of mental health disorders?
The same way we judge the severity of physical health disorders

How is anxiety different to fear?
Anxiety is a response to more uncertain threats and tends to last longer.

Why do some people experience persistence anxiety?
Because their threat detection system is working in overdrive.

What happens to the minds of people with anxiety disorders?
Their stress pathways in their brains become stronger, which in turn leads to further anxiety.

What is the good news for people with anxiety disorders?
The brain can rewire itself, and we can help recover with a balanced diet, exercise, mindfulness, CBT and getting plenty of sleep.





Our Top Tip for Anxiety:

Connect with others and the world around you. Spend time with friends or family or head out for a walk. Spending time with real people – in real life (not chatting on your phone) will help your mind feel more grounded and calmer. This is the natural way we evolved to relax and be social – not staring at a screen – so **your mind is at its most comfortable like this**. Get some sunlight – go for a walk, boost your natural serotonin levels and vitamin D by getting some light sun on your skin and in your line of vision.

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>



Belong - Care - Aspire - Succeed