



# ANXIETY

## Newsletter

NOVEMBER 2024

### WHAT IS ANXIETY?

Anxiety is when you feel scared, worried or panicky about something. It's a normal, human feeling and your body's natural response to stress or danger.

We all feel anxious from time to time. But the feeling usually passes once we feel safe or solve the problem that was causing the anxiety.

Anxiety can cause many different symptoms. It might affect how you feel physically, mentally and how you behave.

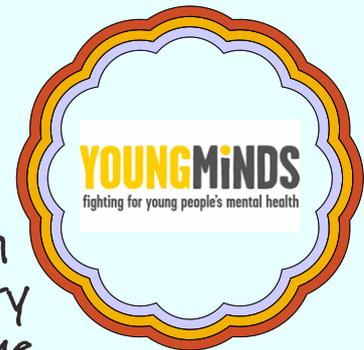
Anxiety becomes a problem when it stops you from doing the things you want or need to do in life.



### Signs & symptoms of Anxiety

- heartbeat faster or irregular
- feeling lightheaded and dizzy
- headaches
- chest pains
- loss of appetite
- sweating
- breathlessness
- feeling hot
- shaking
- feeling tense or nervous
- being unable to relax
- worrying about the past or future
- feeling tearful
- not being able to sleep
- difficulty concentrating
- fear of the worst happening
- intrusive traumatic memories
- obsessive thoughts

For more information on the signs of Anxiety and support, click the logo.



- not being able to enjoy your leisure time
- difficulty looking after yourself
- struggling to form or maintain relationships
- worried about trying new things
- avoiding places and situations that create anxiety
- compulsive behaviour, such as constantly checking things

Source; NHS

# Mindfulness support



Cosmic Yoga have a range of fantastic videos to support children experiencing anxiety. Find out more [here](#)



Changing childhoods. Changing lives.

Barnardo's have a range of strategies for coping with anxiety and worry. Find out more [here](#)



The South Leicestershire SSP in collaboration with Innerspace have created a series of relaxation and breathing exercises to support children and young people. Check out the videos [here](#).

## Anti-bullying Week

Anti-Bullying Week takes place from Monday 11th-Friday 15th November, the theme this year is Choose Respect.

Anti-Bullying Week is organised by the Anti-Bullying Alliance who are striving to bring an end to bullying which negatively impacts millions of young lives. This year, they hope to empower children and young people to not resort to bullying, even when we disagree and remind adults to lead by example, online and offline.



## Find support

If you are worried about bullying or would like advice and support, click [here](#) to find out more.

## Key Dates

- NATIONAL STRESS AWARENESS DAY - 2ND NOV
- REMEMBRANCE SUNDAY - 10TH NOV
- ANTI-BULLYING WEEK - 11-17TH NOV
- ODD SOCK DAY - 12TH NOV
- WORLD KINDNESS DAY - 13TH NOV
- TRANSGENDER AWARENESS WEEK - 13-19TH NOV
- NATIONAL SELF CARE WEEK - 18-24TH NOV

Be Kind.



## Odd Socks Day!

Odd Socks Day is taking place on Tuesday 12th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique. Schools and workplaces are encouraged to take part. Find out more [here](#)!



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

# South Leicestershire Community Board

## THE HARBOROUGH MONSTER TRAIL

The Harborough Monster Trail runs until 29th November, so there's still time to get involved. To find out how to play, download the maps and meet our monster crew, [click here!](#) #MonsterTrail24



joy

The Joy App has a host of activities and support within your local community. Find out more [here](#).

NHS

The Leicestershire Partnership NHS Trust have created a directory of mental health support available in your local area and how to access it. Find out more [here](#).

CLICK TO ACCESS OUR  
PARENT  
portal



tellmi

Click for info!

Find information on Walk-in vaccinations for flu, COVID, RSV, MMR, and pertussis (whooping cough) [here!](#)

## Free online mental health support

The **Tellmi app** has been specifically designed for young people and is available for free to all 11+ year olds living or going to school in the region. It is a safe, anonymous app where you can talk about anything. From anxiety to autism, dating to depression, or self-harm to self-esteem. Sharing your experiences with the Tellmi community. You can also get solution focused therapy. Moderators check everything to keep you safe and their in-house counsellors are always on hand if you need extra support.

The **Tellmi App** can be downloaded from [Play Store](#) or [Apple Store](#).