

## Fears and worries

### Advice, support and information

#### What is a fear or worry?

Fear is an unpleasant, emotion caused by the threat of danger, pain, or harm. A worry is thinking about problems or unpleasant things that might happen in a way that makes you feel unhappy and frightened.

Everyone will experience fears and worries in their lifetime. As long as your fears or worries are not stopping you from enjoying everyday life then it is okay. Finding out what you're afraid of can help you to manage your emotions and responses to them.

#### Emotional responses:

- Fear
- Worries/anxious
- Low mood
- Angry/irritable

#### Physical responses:

- Headaches
- Excessive sweating
- Heart racing
- Trembling/shaking



#### Strategies to help:

- Exercise
- Breathing exercises
- Talk about it
- Hang out with friends

#### Strategies to help:

- Listen to music
- Get enough sleep
- Relax
- Keep a diary

#### Support services:

- **Young minds** - My feelings - [youngminds.org.uk/young-person/my-feelings/](https://youngminds.org.uk/young-person/my-feelings/)
- **Compass** - Regulating emotions - [compass-uk.org/help-and-support/young-people/young-people-emotions/regulating-your-emotions/](https://compass-uk.org/help-and-support/young-people/young-people-emotions/regulating-your-emotions/)
- **Kooth** - <https://www.kooth.com/> - A free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.
- **CW RISE** - <https://cwrise.com/> - Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



For advice and support, text us on 07507 331 525 or talk to a teacher about making an appointment with C4H, your school nursing service.