

15 to 21 May 2023

# Mental Health Awareness Week

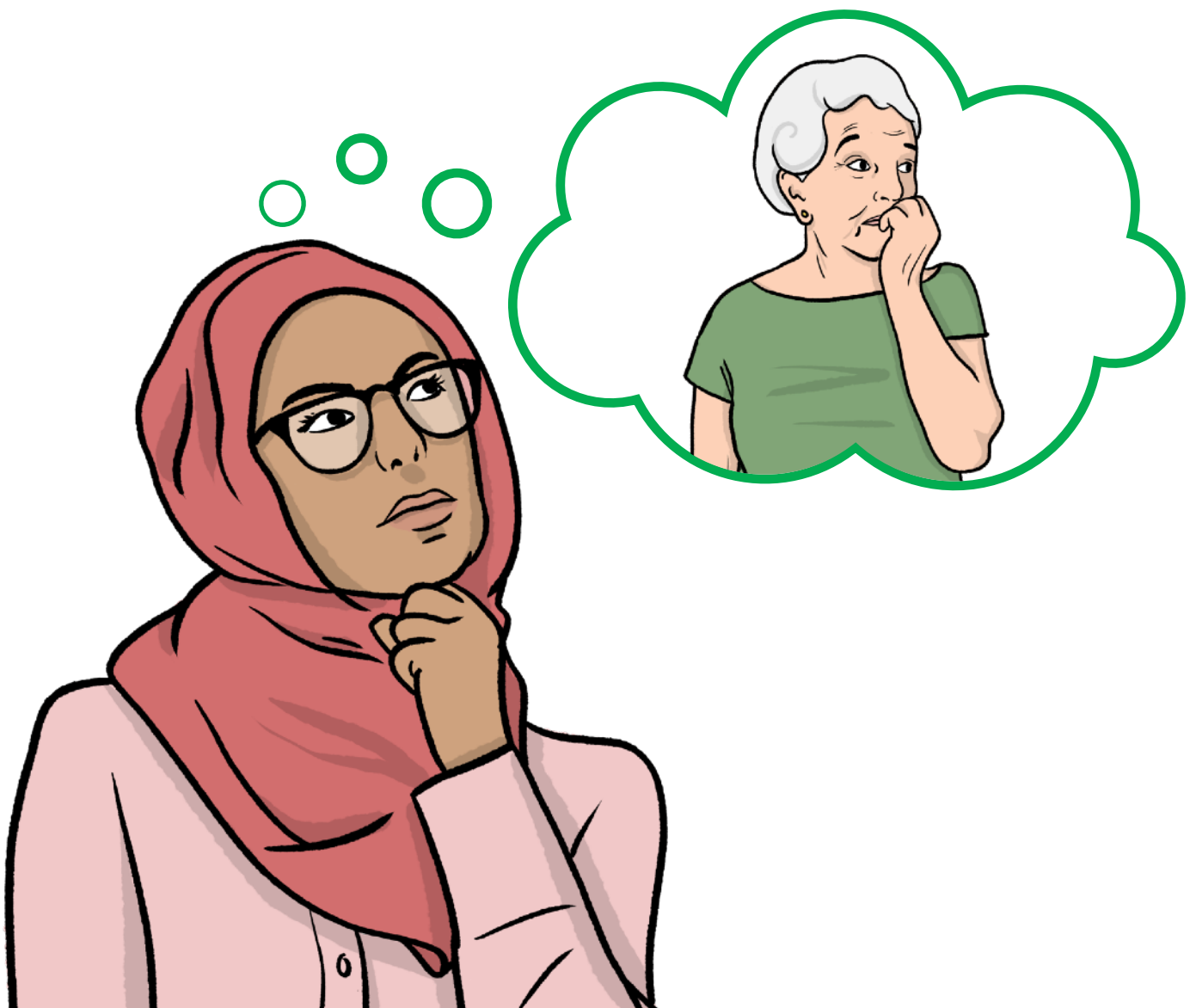


#ToHelpMyAnxiety



Easy  
Read  
Online

# Understanding anxiety



# Easy Read



This is an Easy Read version of some hard information. It may not include all of the information but will tell you about the important parts.



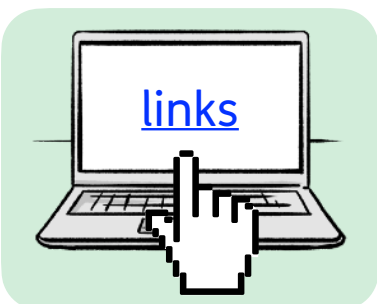
This Easy Read information uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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# Introduction



The Mental Health Foundation is a charity that supports lots of people to have good **mental health**.



**Mental health** is the way you think and feel. Having good mental health means being able to deal with your feelings, even if they are bad feelings.

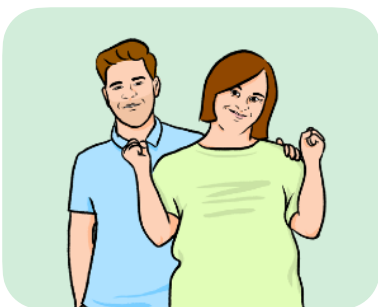


Every year the Mental Health Foundation runs a mental health week.

Mental health week is about:



- Sharing lots of information about mental health and helping people to understand it.



- Supporting people who might need help with their mental health.



This year's mental health week was all about anxiety.

You say anxiety like:  
Ang-zy-e-tee.



This Easy Read information will tell you more about anxiety and how we can deal with it.

# What is anxiety?



**Anxiety** is when we feel anxious. Feeling anxious is like feeling worried or scared.

There are lots of things you might feel anxious about. Like:



- Jobs and work.



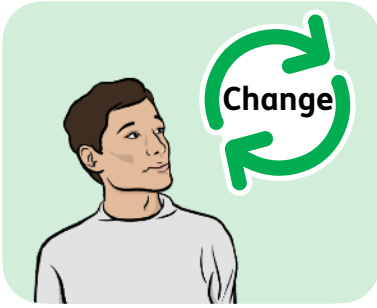
- School.



- Being around other people.



- Money.



You might also feel anxious about a change in your life.

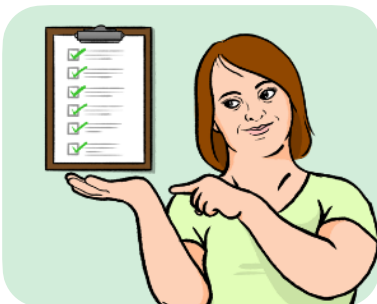


Feeling anxious is normal - everyone feels anxious at some time in their life.

This is often called low-level anxiety.



Dealing with anxiety can be hard.



Next are 6 ways you can try and deal with feeling anxious.

# 1. Focus on your breathing



When you are feeling anxious, try and focus on your breathing.

Take deep breaths and focus on breathing instead of your anxious feelings.

# 2. Being healthy



Being healthy can make us feel much more positive and help us have better moods.



Exercise and being active is a good way of dealing with anxiety.

It can help you focus on moving your body instead of your anxious feelings.



Exercise does not always mean difficult sport.



For more gentle exercise you could try:



- Stretching or yoga.



- Going for a walk.

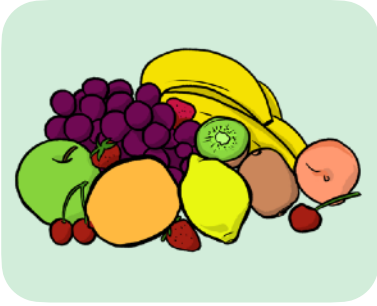


- Going for a gentle jog.



- Swimming.

Being healthy is also about:



- Eating healthy foods.



- Not smoking or taking drugs.



- Drinking less alcohol.



- Getting enough sleep.

### 3. Write it down



Writing down how you are feeling is a great way of getting your anxious feelings out.

You could try keeping a diary.

You could write about:



- What is happening in your life and how it is making you feel.



- What things make you feel anxious.



This can help you be more ready to deal with things that you know will make you feel anxious.

## 4. Question your anxious feelings



When we feel anxious it can lead us to think about something over and over again.

We might start to believe our worries will come true.



When you start feeling anxious, it is good to question your anxious feelings. Ask yourself:



- Is what I am worrying about likely to happen?



- Has what I am worrying about ever happened before?



- Are my worries true or am I just feeling anxious?

## 5. Get support with money



A lot of people get anxious about having enough money.

You can get support if you are anxious about:



- Paying bills.



- Owning people money.



- Paying for your everyday life - like food shopping.



The government may be able to give you money to help pay for the things you need to live.



To get support you can look at this website: [www.mentalhealth.org.uk/explore-mental-health/cost-of-living/getting-support](http://www.mentalhealth.org.uk/explore-mental-health/cost-of-living/getting-support)

## 6. Talk to others



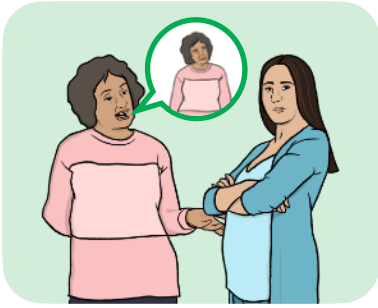
Anxiety can make us feel very lonely.



Talking to others and spending time with them can help.

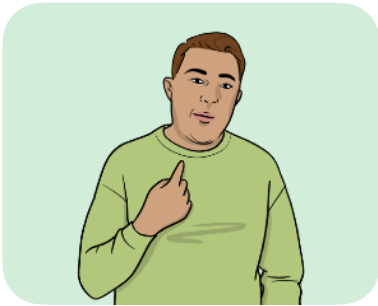


You could do activities together that you can focus on instead of your anxious feelings.



You can also talk to friends or family members about your anxious feelings.

# When to go to the doctor



Some people need more support to deal with their anxiety.



This is usually when someone's anxiety gets more serious than low-level anxiety.



You should go to a doctor about your anxiety if:



- You feel anxious for no reason.



- Your anxiety stops you from living your life and doing the things you want to do.





You should also go to the doctor if you feel dizzy and your heart beats fast when you feel anxious.



Doctors may give you medicines to deal with your anxiety and suggest you go to **therapy**.



**Therapy** is where you meet with a mental health professional to talk about your worries.

# Find out more



This Easy Read information is from Mental Health Foundation's website.



You can see the full information here:

[www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety](http://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety)

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