

ANXIETY AND YOUNG PEOPLE

Learn more about Anxiety and our
Term 2 DO AS I DO / FACING YOUR FEARS Programs
for Young People and their Families

Anxiety is very common. One in fourteen young Australians (6.9%) aged 4-17 experienced an anxiety disorder in 2015.



Anxiety can be part of your genetic and biochemical make up, as well as part of your personality.

Anxiety is different for everyone, and there is no simple answer for why people develop the condition. For most people there is a combination of reasons.

There are a range of issues that affect how we think, feel and behave. Some people often develop anxiety after a stressful life event. It might begin with some feelings of sadness, distress or anxiety. Over time, these symptoms become more intense and overwhelming and can affect friendships, relationships and every-day life.

If you are experiencing anxiety you might feel anxious, on edge or worried most of the time. Feeling overwhelmed, frightened or even panicked is also common.

You might also experience a range of physical symptoms when you are anxious like your heart racing, butterflies in the stomach, muscle tension, shaky hands or perhaps feeling nauseous.

A common feature of anxiety conditions is to think about things a lot more than you would normally. You might also notice that what you are thinking about is unhelpful or perhaps even irrational or silly, but you are unable to stop these intense and sometimes overwhelming thoughts.

This thinking tends to be repetitive and often negative in nature causing your feelings of anxiety or fear to get worse.

Our natural instinct is to avoid situations that cause us anxiety or stress. When an anxiety condition develops, you might begin to avoid lots of things and/or whatever causes you to worry. It might be places, people or specific situations.

Beginning to avoid things might mean that you slowly spend less time with your friends. You might also begin to find going to school or other activities becomes challenging. You may find it hard to sleep because of your constant thinking and worrying, leaving you tired and lacking in energy. Not enough sleep can often mean that it's harder to think clearly about things that are on your mind.

With the right treatment and support, you can recover from anxiety.

The recovery process from anxiety can be different for everyone and it is all about finding what works best for you. A recovery process does not mean that you have to work it out alone. With the help of friends, family and perhaps a health professional, you will be able to find the support you need.

Adapted from reference <https://www.youthbeyondblue.com/understand-what's-going-on/anxiety>

DO AS I DO / FACNG YOUR FEARS - PARENT and CHILD ANXIETY MANAGEMENT PROGRAM

Wynnum State High School families are invited to participate in a program to support families with a young person who is experiencing significant anxiety to learn new skills to manage anxiety more effectively. The program will be delivered by Gabrielle Nolan, Youth Health Nurse and Anna Husband, Counsellor, BABI Youth & Family Service

[More information about the program is in the attached letter](#)



OTHER PLACES TO GET HELP

- Your local GP
- Your local Child and Youth Mental Health Service (Bayside service 38256008)
- Headspace – Capalaba 1300 851 274
- <https://headspace.org.au/>
- Kids Helpline 1800 55 1800
- Parentline 1300 301 300

Gabrielle Nolan , SBYHN