

# Managing Anxiety



Glasgow Psychological Service  
nurturing wellbeing and learning

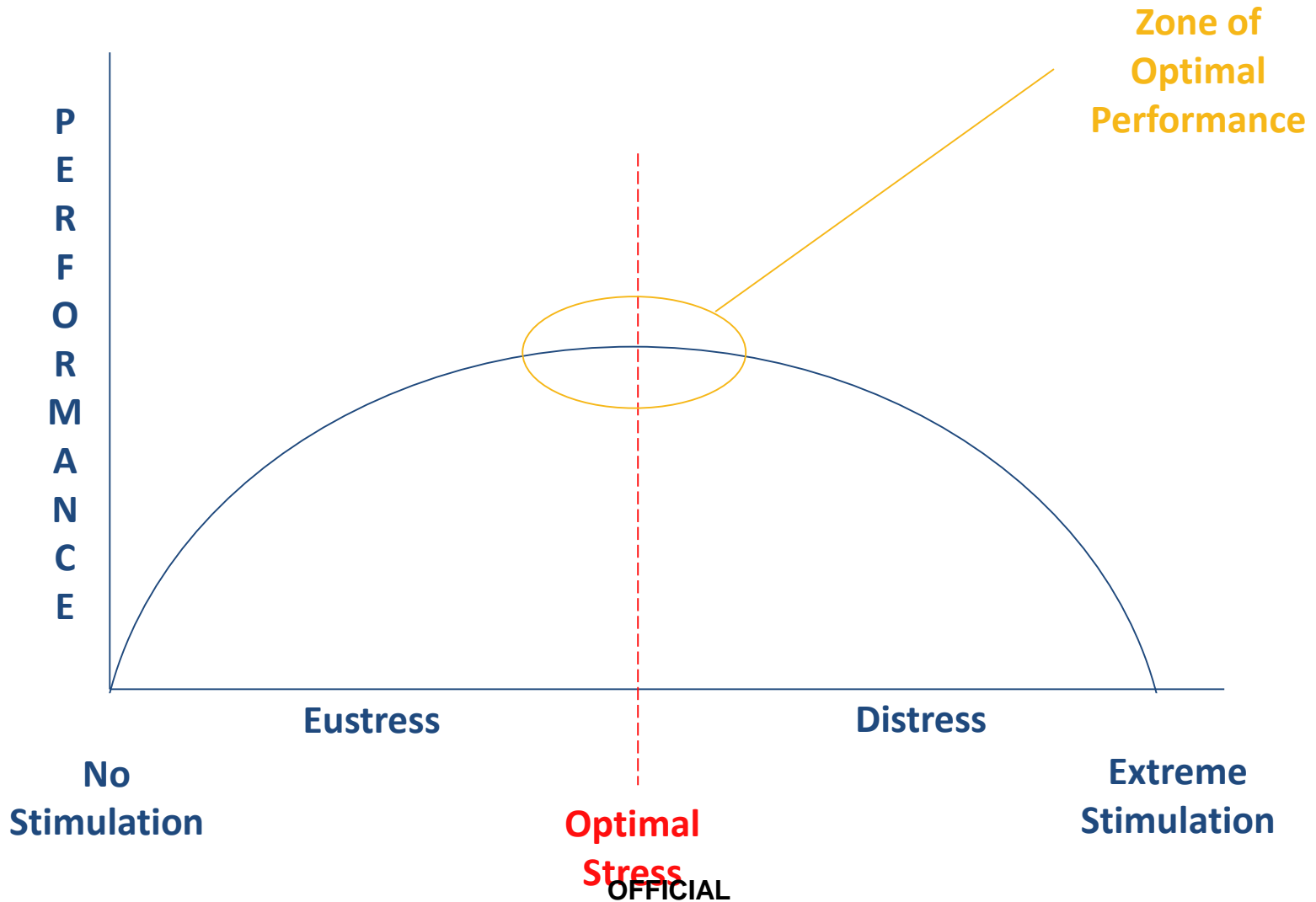
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# What is stress?

- Natural and important part of our life
- We need stress: keeps us alert, motivates us to face challenges, drives us to solve problems.
- Low level stress is manageable, necessary and normal
- Too much stress at once or prolonged over time has adverse effects

# Is stress helpful or harmful?



# Identifying negative thinking styles

- Common negative thoughts
  - I won't do well, I never do well in this type of situation
  - I am really nervous so my performance won't be any good
  - This will be terrible
  - I must get everything right
  - I'll forget something important so will ruin the whole paper!!

# Over generalising

- All or nothing thinking
- Jumping to conclusions
- 'I'm rubbish at maths.'



"Thanks to yoga, I now gently stretch to conclusions instead of jumping to them"

# MENTAL FILTER

ONLY PAYING ATTENTION TO CERTAIN  
TYPES OF EVIDENCE. NOTICING OUR  
FAILURES BUT NOT SEEING OUR SUCCESSES

*“good”*    *“interesting”*  
*“bad”*



**“I AM A FAILURE”**



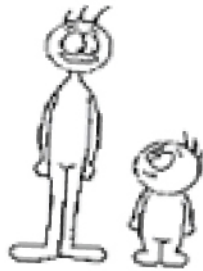
# Personalisation

- Blaming yourself
  - it was my mistake that made all that happen
- Emotional reasoning
  - I feel embarrassed so I must be rubbish
- Using critical words
  - ‘should’, ‘must’, ‘have to’



# Comparison

## Comparing to Others



“Everyone else gets this new subject so easily, I’m so stupid.”

- ‘your life isn’t yours if you always care what others think’

Norm Kelly



# Challenging thoughts



**5. Is there another  
way of looking  
at this?**

# Thought switching

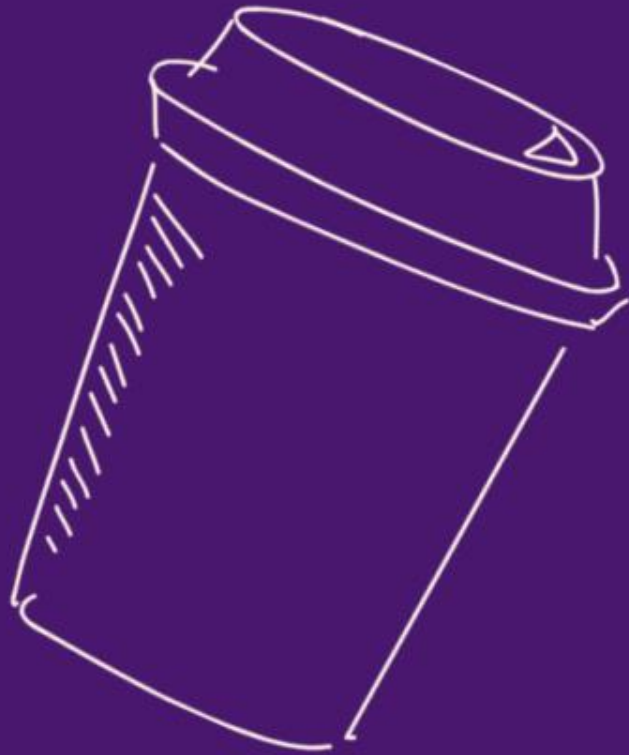
## Switch activity

Phone a friend, do something you enjoy, watch a dvd, go for a run.

## Switch thoughts

Focus your mind on something unrelated, e.g. counting backwards, describe what you can see around you.

Thought Switching acts as a switch to get thoughts and worries out of your head



You can't pour  
from an  
empty cup.

Take care of  
yourself first.



#MindfulSchools

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# Emotional wellbeing

- Hobbies
- Spend time with friends
- Time for relaxation
- Optimism
- Recognise and express your feelings



# Physical wellbeing

- Sleep
- Exercise
- Eat well
- Relaxation
- Pampering



# Relaxation

Mindfulness



Breathing  
exercises

Guided  
Relaxation

Meditation

# How can parents/carers help?

- Listen to their concerns – encourage them to talk it out.
- Gently help them to challenge negative or unhelpful thoughts.
- Help them to create a study plan – setting up a timetable, breaking studying into manageable chunks, setting realistic goals.
- Encourage healthy routines.

# How can parents/carers help?

- Encourage them to make time to do the things that make them happy and relaxed.
- Give them a sense of perspective.
- Try not to add to the pressure.
- Let them know that you are proud of them no matter what.
- Planning a treat post-exams can help them to feel motivated.



# Remind them....

- Exam results do not define who you are.
- If things go wrong, there are other routes.
- Think of other things you want to achieve in life that don't involve exam results.
- Your health and happiness is more important than anything.
- You have so many skills, qualities and strengths that have nothing to do with exam performance

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

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