

# Be dazzle

*Take control and help yourself*

August 2016

## Stress and anxiety are becoming increasingly common health concerns among young people

Most young people have suffered an anxiety attack at some point, we just don't always know that is what is happening to us or what to do about it. Nearly all of us have felt stressed over something that life has thrown at us. One thing is for sure, stressing or panicking about it will only heighten the feelings. Recognise the signs and learn how to manage them and take back control.



### Signs and symptoms:

These can be different for every individual. For some people, psychological symptoms will include: feeling worried, lack of concentration, tiredness, feeling tearful or being on edge.

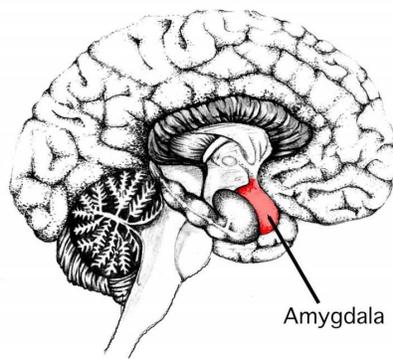
Physical symptoms can include: erratic breathing, increased heart rate, sickness, sweating, the need to go to the toilet and even headaches and chest pains.

Where some people may be able to identify a trigger, others will not, which can sometimes add to the panic.

---

# That's Life!

Sometimes, when it feels like we are not in control of our body or emotions it can be useful to remind ourselves that everything about our body and mind is simply science. Whatever happens to us in terms of our feelings and functioning is down to chemicals and systems and we just need to understand how to regulate these. Intrigued? Click on the brain below to hear the neuroscientists explanation...



## Practical Steps to try and reduce stress or control panic attacks.

|   |   |
|---|---|
| <b>Water - drink it regularly</b>                 | Our bodies are made up of around 60% water, so naturally when we are dehydrated we cannot function properly.  |
| <b>Breathing - don't forget to!</b>               | Obviously, you need to concentrate on your breathing to try and regulate it to allow oxygen to get round the body.  |
| <b>Distractions - hold or play with something</b> | For some people, these don't work, but having something physical to play with can sometimes help you to visualise your breathing easier - especially something that expands and retracts.   |
| <b>Connections - positive touch</b>               | Apparently we should have at least 8 hugs a day as positive human contact releases oxytocin; a powerful neurotransmitter, nicknamed the cuddle hormone, and you just need to know this is good for you!   |
| <b>Imagination - escape to a happier place</b>    | Sometimes tapping into your memory can help remove you from the immediate situation to allow you to ride out the panic attack. Close your eyes and visualise a favourite holiday location, play a piece of music you associate with a happy memory. |

---

**As with anything in life you need to practice applying these coping strategies and find which work for you. Remember them, practice more and prevention is better than cure and science again has proven some of these facts!**

And we know the most annoying thing is someone telling you to keep calm - if you could do that you wouldn't be having a panic attack! But actually what is important is the connective you use - when you are panicky how are you going to overcome it?



## **Ongoing support and intervention**

For some people living with anxiety is a daily battle. If you notice you are becoming stressed or anxious more often you must talk to someone or make an appointment to see your G.P. Frequent bouts of panic or anxiety can lead to physical illness so it is important to try and address it.

Many suggest keeping a journal of your attacks so you can start to identify any patterns in behaviour or situations that link to your anxiety. Make notes of: what you were doing at the time, how you felt that day, symptoms you experienced, duration and how you overcame the attack.

There are some excellent resources for further information on the NHS Youth Hub, just click the link below:



**Remember you can talk to us if you have any questions or concerns or want some more information or guidance. You can message us on [facebook.com/bedazzleuk](https://www.facebook.com/bedazzleuk) or call us on 0330 0103 121.**