

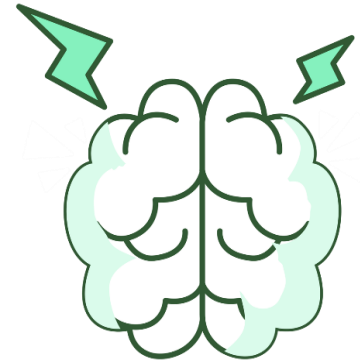


# FDHS Student Support Services

## Anxiety

### What is anxiety?

- Anxiety is a feeling of nervousness or worry. It is a reaction that your body and mind have to situations that are dangerous, stressful, or a situation with an unknown outcome.
- Anxiety can be helpful because it alerts us on whether we should “Fight or Flight” in situations that can cause us danger or perceived threats (ex. When we see a dog that we don’t know) and it also helps to keep us alert and aware of our surroundings. When we have too much anxiety can cause problems in day to day activities and can often be debilitating.



### Ways to cope with anxiety

- Deep Breathing: Inhaling through your nose for 4 seconds, holding it for 4 seconds and then releasing it for 4 seconds. You can repeat that as many times as needed.
- Challenge Negative Thoughts: You can challenge your negative thoughts by writing down what is causing your anxiety or worry. Once you have written that down you should write down what valid evidence you have to support that thought, and what evidence you have that doesn’t support that thought. More than likely, there will be more evidence against that negative thought than there is to support it.
- Give yourself breaks when needed. When you focus on something for too long it can have a tendency to overwhelm you. Take some a break every now and then to get a snack, take a walk, etc.
- Practice good sleep hygiene. Try to get 8 hours of sleep each night, have a routine bedtime, and wake up time.
- Utilize your supportive relationships. Call up a relative or a friend to have a good conversation, a good laugh or just support.

With everything currently going on it can be easy to become overwhelmed. Please remember to take time regularly to focus on your mental health. If any additional help is needed with managing your mental health needs please feel free to contact any member of the Student Support Team and we will be able to assist you or point you in the right direction. Please visit <https://sites.google.com/fayette.kyschools.us/fdhs-student-resources> for additional resources.



#FDHSbethebest