Learning about Stress, Anxieties and Worries

- What do some of the words mean?
- How these feeling may affect our brain and body
- Top tips to manage these feelings







What is Stress?

- Stress is the physical or emotional strain on your body from worry or anxiety

- Stress is part of everyday life



- Stress can be helpful

- Stress can become a problem

What things do we find stressful?

What do we do to help us deal with our stress?

What is Worry?

- Worry is an uncomfortable feeling where you think about something bad that *might* happen



- ***What do you tend to worry about?***

What is Anxiety?



- Anxiety is being worried a lot of the time causing you to have trouble learning, having fun, and sleeping

- Anxiety is a feeling of fear or panic. Feeling generally anxious sometimes is normal. Most people worry about something - money or exams - but once the difficult situation is over, you feel better and calm down.

- Anxiety is a normal reaction to danger or stress

- Moderate amounts of anxiety can actually improve your performance

- Anxiety can become a problem when it is out of proportion to a situation or goes on too long and begins to interfere with everyday life

Our Amazing Brain

3rd is Neocortex

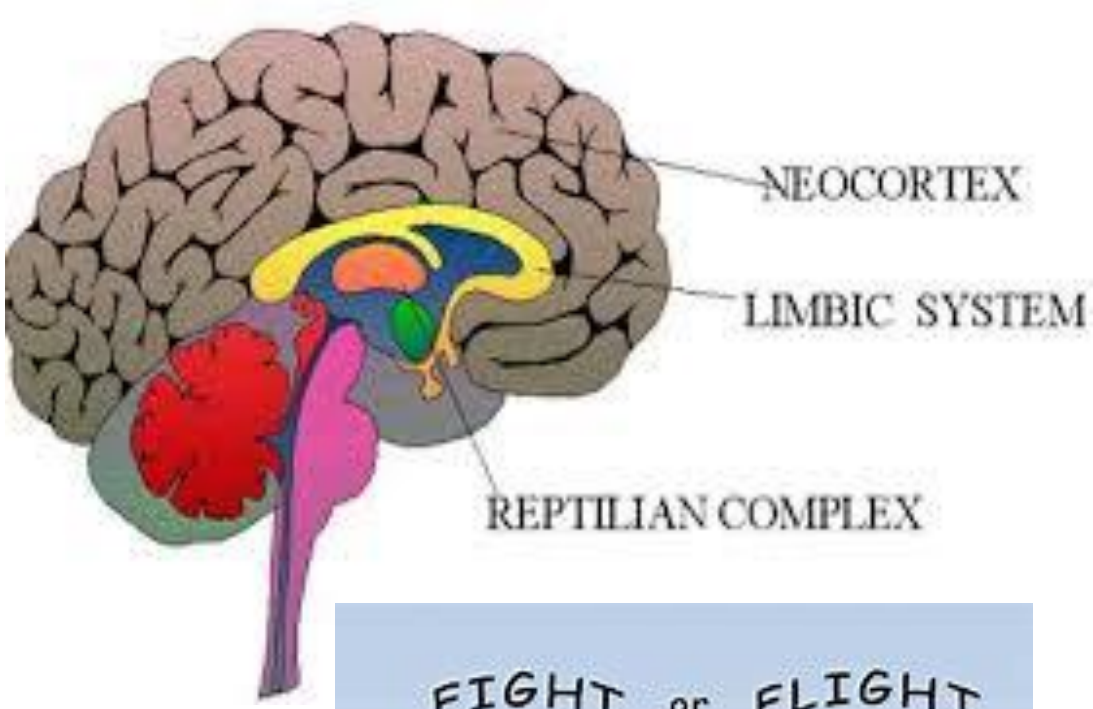
Thinking, Learning & Language

2nd is Limbic Brain

Attachment and emotional development

1st is Primitive/Reptilian Brain (Brainstem)

Sensory motor input and survival



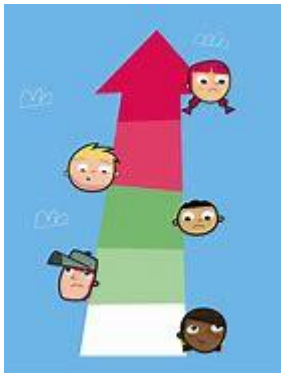


Strategies to support stress, worry and anxiety

- Physical



- Behavioural



- Psychological





Tips for worry, anxiety and stress



1. Be proactive!

2. Anxiety is not a one-size-fits-all experience

3. Seek to learn what makes a person anxious (or worried or stressed)

Tips for worry, anxiety and stress



4. Don’t only depend on language to describe anxiety

5. Respect their feelings

6. Provide a range of strategies!