

# SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 2: Week 2, Term 2

## ANXIETY

Anxiety is a normal response to danger that is triggered when we feel threatened, under pressure, or have a challenging situation to overcome. Sometimes it can be helpful, but other times it can be unhelpful.



### Helpful

- Helps you to stay alert and focused
- Motivates you to complete tasks or solve problems
- Drives you to prepare for situations

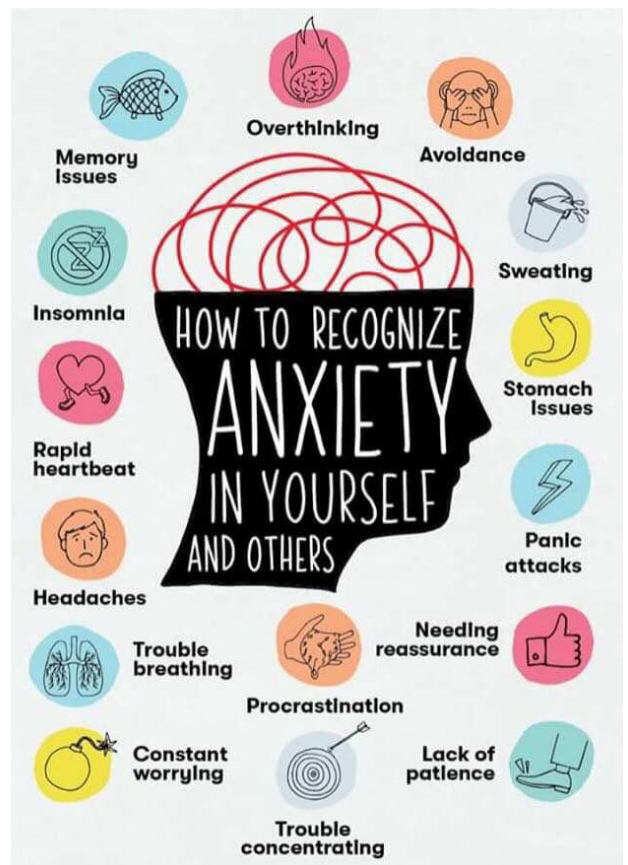
This type of anxiety usually passes once the stressful situation has passed, or we have solved the problem.



### Unhelpful

- When it becomes intense and feels overwhelming
- When it happens often
- When it interferes with your daily living

This type of anxiety can leave you feeling nauseous, tired and emotionally drained, or cause you to avoid and miss out on many situations.



We know that this may be an anxious time for some of you. Even though you may not be at school, you can still access the School Psychologists! You can make a referral by using the link below:

<https://forms.gle/137haHcTqM862kQ9>

## What can I do to manage my anxiety?

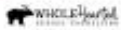
### Practice healthy living

- Exercise for 30 minutes a day
- Eat three healthy meals a day
- Get approximately 8 hours of sleep a night



### WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough** But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it **one step** at a time. **Breathe**. And **do the next right thing**.

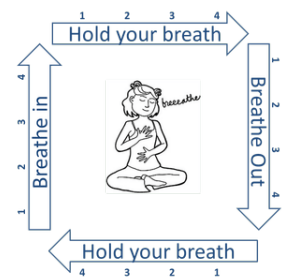


### Challenge your worry thoughts by asking

1. Is this helpful?
2. Is this logical?
3. What would I tell my friend if they had this thought?
4. Can I put this thought in a nicer way?

### Practice slow breathing

When you're anxious, your breathing becomes faster and shallower. Try deliberately slowing down your breathing.



Stay connected with your friends, family, teachers, or support network

## APP OF THE WEEK



Clear Fear helps you to develop strategies that reduce your physical anxiety symptoms.

## BOREDOM BUSTER

Have you ever wanted to visit the zoo, but haven't had the chance to? Not to worry, because now you can visit the animals 24/7 with these live streams!



<https://taronga.org.au/taronga-tv>



<https://www.zoo.org.au/animals-at-home/>

For additional help and information, take a look at these websites:

- Beyond Blue <https://www.beyondblue.org.au/the-facts/anxiety>
- headspace <https://headspace.org.au/young-people/what-is-anxiety-and-the-effects-on-mental-health/>
- Clinical Centre for Intervention <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>

### Online Mental Health Courses for Anxiety

- The Brave Program <https://brave4you.psy.uq.edu.au/>
- THIS WAY UP <https://thiswayup.org.au/how-we-can-help/courses/teenstrong/>