

Managing anxiety and worry

Managing anxiety

Many teaching assistants found working within a socially distanced education setting a challenge. We have seen friends, colleagues and pupils struggle. Sadly many of us have either had to deal with serious illness first hand or have even had to manage the emotional trauma of bereavement. These experiences can have a lingering impact on our health and wellbeing and can at times trigger anxiety when we least expect it.

“The key is having someone on the staff that you can go to, so the SLT is key. Younger staff may not have the confidence to discuss with the SLT.”

Teaching Assistant



If your worry or concern is about someone else or a pupil.

Further guidance:

Whether you're feeling inspired to connect more with your students or you're looking for a new way to bring calm to your classroom, Headspace can help students build healthy habits that last a lifetime. Better focus, less stress, and happier thoughts are just a few minutes away. Free resources are available for anxiety, worry and depression here:

www.headspace.com/educators

www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/

For breathing:

www.educationsupport.org.uk/resources/for-individuals/guides/breathing-exercises-for-beating-stress-and-creating-calm/

What to do for yourself when anxiety feels overwhelming

If you're feeling overwhelmed physically and maybe on the verge of a panic attack, you can do the following:



1 Ground yourself physically

This could be in a chair, on the floor or up against a wall. Place your feet flat and firmly on the ground.

2 Breathe

1. Breathe in as slowly, deeply and gently as you can, through your nose

2. Close your eyes and breathe out slowly, deeply and gently through your mouth

3. Count steadily from one to five on each in-breath and each out-breath.



3 Notice your senses

Take notice of the things that you can see, hear, smell and feel. Name them in your mind. This can be very useful to try and re-orientate ourselves and bring us into the present moment.

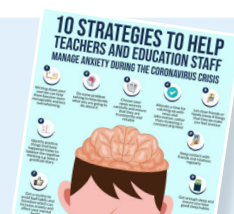


4 Be with someone

Where possible, don't go through panic alone. Find a friend or family member who can talk to you and help you to feel grounded and safe.

5 Ten Strategies

www.educationsupport.org.uk/media/oqhn1dom/10-strategies-to-help-teachers-and-education-staff-to-manage-anxiety.pdf



We provide a free and confidential helpline.

You can call 24/7 for emotional support: 08000 562 561.

Please don't wait until things are really difficult for you or you're in crisis to ring that number. Of course you can ring then but it's very important to know that we can support you at an earlier stage if you're struggling.

