



What to do if you're feeling angry

What is anger?

Anger is a normal emotion which can be useful in our lives. It can, however, be destructive and disruptive in respect of our relationships, behaviours and learning.

How anger might affect you

You may experience excessive outbursts of physical or verbal behaviour such as fighting or shouting.

It's normal for teenagers to have periods of emotional outbursts displaying signs of anger, but it may be an indicator of other underlying situations or conditions that mean you could benefit from some further support.

What you can do if you're feeling angry often

1. Try to identify any trigger factors or situations that create your feelings of anger.
2. Talk to someone you trust about how you're feeling: a friend, family member or at school; a teacher, mentor, counsellor or school nurse.
3. Try to give yourself some time out when feelings of anger build up, so you can diffuse those feelings.
4. Expressing yourself in other ways might help; sport, art, writing and music can help us find expression for angry feelings in a constructive way.

5. When you feel yourself getting angry or stressed, take time to relax and do something you enjoy, such as:

- Going for a walk/run
- Listening to music
- Reading a book
- Seeing friends

6. Counting to 10 before you act or say anything allows you time to reflect and calm down. It might help you not saying or doing something you might regret later on.

7. Our bodies react physically when we're angry, think about how your body changes when tension builds before an outburst of anger and look for signs such as an increase in temperature, sweating, breathing faster and pulse-racing.

8. Learn how to handle conflict. If you have a problem with someone, talk to them calmly rather than jumping in aggressively. Think about what you want to say beforehand and how you want to get your point across.

9. Try to learn to cope with your anger. Walk away from a situation to calm down, rather than saying or doing something you might regret later.

If you are still struggling with feelings of anger, it might be time to talk to someone at your school or your GP.
Or, visit www.liverpoolcamhs.com/need-advice

What to do if you're experiencing low self-esteem



What is self-esteem?

Self-esteem is how we think about ourselves. Being confident means being comfortable with how we look and how we feel; it means feeling good about ourselves, our abilities, and our thoughts. Low self-esteem is when we lack confidence and doubt our own decisions or abilities.

How low self-esteem may affect you

If you're uncomfortable with the way you look, or your abilities, you might find yourself withdrawing from activities you previously enjoyed. In class, or outside of school, you might not want to take part in group activities. You may find yourself saying negative things, such as: "I'm not good enough" or, "I can't do this".

What you can do if you're experiencing low self-esteem

1. Focus on your positives and the things you are good at, such as being kind, being a good friend, maybe you are good at a certain sport, or subject at school.
2. Try to do more enjoyable activities - things you previously enjoyed.
3. Talk to someone you trust about how you're feeling; a friend, family member, or at school find a teacher, mentor, counsellor or school nurse.

4. Focus on 'small wins', don't chase big achievements. Do the little things and use them as a springboard. Try and feel proud of even small achievements.

5. Use the **Five Ways to Wellbeing** as a tool and maybe set some goals to achieve:

Connect – connect with the people around you: your family and friends. Spend time developing these relationships.

Be active – take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and confidence.

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word.

Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

If you're still struggling with low self-esteem it might be time to talk to someone at your school, or your GP.
Or, visit www.liverpoolcamhs.com/need-advice

How to help if you're experiencing anxiety



What causes anxiety?

Anxiety is a feeling of fear or panic. We all get it from time to time when we try a new experience or things that are difficult. This feeling goes back to stone age times when humans were surrounded by dangers. Anxiety is the body's alarm system that sends adrenaline around the body and gives people superhero-like boosts to allow them to run away from dangers. It's known as the FIGHT, FLIGHT (avoiding or running away) or FREEZE response. When we get the FLIGHT or FREEZE response we may find ourselves staying away from activities and people. The longer we stay away, the harder it is to go back.

How anxiety may affect you

You might have different feelings and symptoms, such as:

Feelings: panic, frightened, worried, angry, nervous, embarrassed or overwhelmed.

Behaviours: avoiding situations, withdrawing from social settings, biting nails, sleeping issues, tearful, struggling to concentrate, hyper-vigilant.

Thoughts: worrying that nobody likes you, 'I can't do it', 'I must do this', negative thinking.

Physical signs: frequent tummy aches/nausea, headaches, shaky hands, tense muscles, palpitations (heart-racing), wanting to go the toilet a lot, dry mouth/lump in throat feeling, jelly legs and butterflies in your stomach.

What you can do if you're experiencing anxiety

Feelings of anxiety are common, it's normal to worry about something, such as exams, for example, but once the difficult situation is over, you should feel better and calm down.

If the problem has gone but the feeling of fear or panic stays or even gets stronger, that's when anxiety becomes a problem. There are also some things you can do to help yourself manage your anxiety:

1. Make sure you're eating healthy meals regularly to ensure balanced physical and mental energy levels.
2. Talk to someone you trust about how you're feeling; a friend, family member, or at school find a teacher, mentor, counsellor or school nurse.
3. Practice deep breathing exercises.
4. Re-focus your attention using music, exercise, creative activities, fidget toys or stress relief aids.
5. Make sure you're getting enough sleep, try to avoid devices an hour before going to bed.
6. Try breathing in through your nose and hold for a count of four, then blow out slowly through your mouth as though blowing a feather across the room as slowly as possible.
7. Sometimes it's useful to visualise somewhere nice that makes you feel relaxed- beach, park, on holiday, etc.

If you're still experiencing anxiety, it might be time to talk to someone at your school, or your GP. Or, visit www.liverpoolcamhs.com/need-advice

How to help if you're experiencing low mood/depression



What is low mood/depression?

Feeling sad is a normal reaction to everyday life experiences. However, when these feelings continue and begin to interfere with your enjoyment of life, you may be feeling depressed. In its mildest form, depression can mean you feel low.

This may not stop you from leading a normal life, but it makes everything harder to do and less worthwhile. Depression can be caused by lots of things such as life experiences, family history, bullying, feeling you have a lack of support, or it may even run in your family. Depression is one of the most common types of mental illness. Although it's hard to feel optimistic when you're depressed, there is lots of support available to help you feel better.

How depression might affect you

You might experience different feelings and symptoms such as:

Feelings: worthless, hopeless, moody, guilty or helpless.

Behaviours: tearful, irritable, withdrawn, avoiding friends and family, lack of interest in appearance, difficulty in concentrating.

Thoughts: 'I don't deserve any help', 'What's the point?' Dismissing the positives, negative thinking patterns, including not wanting to live anymore. You feel flat and might not enjoy things you once did, like hobbies, and even foods seem bland in taste.

Physical signs: tired, eating changes, changes in sleep pattern, aches & pains, slowing of speech.

You might feel like harming yourself. You may find it hard to go off to sleep, wake a few times through the night, or wake very early. Everything feels an effort to do when before you had energy.

What you can do if you're feeling depressed

1. Break things down into small steps and be proud of yourself when you achieve even small things.
2. Exercise regularly and eat a healthy, balanced diet, avoiding sugary/fatty foods and stimulants such as coffee or energy drinks.
3. Try to continue to do activities you previously enjoyed - even if the enjoyment has lessened.
4. Think of factors that may be contributing to your low mood, and talk to someone you trust about how you're feeling, a friend, family member or at school, find a teacher, mentor, counsellor or school nurse.
5. Think of a safe place you can go to relax.
6. Aim to be around people who are caring and positive. Both negative and positive thoughts are contagious.
7. Ask for help from a family member, friend, school counsellor/teacher or go to your local GP.

If you're still feeling depressed,
it might be time to talk to someone at your school, or your GP.
Or, visit www.liverpoolcamhs.com/need-advice

How to help if you're experiencing problems sleeping



How much sleep do we need?

We're all different, but generally each night:

- Children aged 3-5 need 11-12 hours
- Children aged 6-11 need 10-11 hours
- Teenagers need 9-10 hours.

Why might you experience sleep problems?

There can be different reasons:

- Bedtime fears - you might be afraid of the dark or being left alone.
- Bad habits - such as napping too much during the day, eating a poor diet, use of electronic devices before bedtime or substance abuse.
- Anxiety, low mood or depression because you're worried about things such as friendships, bullying or school work.

What you can do if you're experiencing sleep problems

1. Think of things that may be contributing to your sleep problems and talk to someone you trust about how you're feeling; a friend, family member, or at school find a teacher, mentor, counsellor or school nurse.
2. Try and establish a good bedtime routine - have a warm drink, a warm bath and avoid using electronic devices for at least an hour before you go to bed because they can stimulate your mind.
3. Aim to get up and go to bed at the same time every day, a routine will help your body and mind to recognise when it's time to sleep.

4. Do some exercise, particularly late afternoon or early evening, but not late in the evening to avoid over-stimulation.
5. Help yourself to relax before bed - perhaps by reading a book, listening to music.
6. If something is troubling you when it's time to sleep, try writing it down or drawing a picture of your thoughts.
7. Imagine being in a relaxing place, feeling happy and slowly breathing in and out.

Things to consider:

1. Avoid going without sleep for a long period of time.
2. Don't have too much caffeine or sugar in your diet.
3. Avoid eating your evening meal too late, close to bedtime.
4. Don't lie in for too long in the morning, even after a bad night, this will just make it harder to get to sleep the following night.

If you're still having trouble sleeping,
it might be time to talk to someone at your school or your GP.
Or, visit www.liverpoolcamhs.com/need-advice