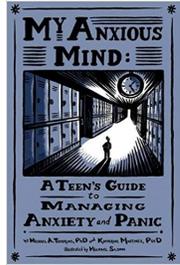


# WGSS Library

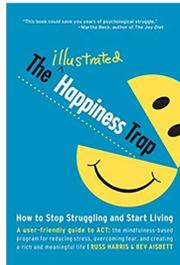
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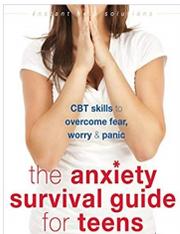
**My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic**  
By Michael A. Tompkins  
Call #: 152.4 TOM  
A guide for teens on anxiety and panic that details practical strategies for overcoming fearful and worrisome moods, asking for help, breathing techniques, and positive thinking.



**Get out of your Mind and into your Life for Teens**  
By Joseph V. Ciarrochi, Louise Hayes and Ann Bailey  
Call #: 152.4 CIA  
Develop essential skills for coping with difficult and overwhelming emotions by working through the provided exercises.



**The Illustrated Happiness Trap**  
By Russ Harris and Bev Aisbett  
Call #: 158.1 HAR  
An illustrated guide to the practice of applied mindfulness called Acceptance and Commitment Therapy (ACT), which teaches you how to avoid the happiness trap and start living a life that has more meaning.



**The Anxiety Guide for Teens**  
By Jennifer Shannon  
Call #: 155.5 SHA  
Using cognitive behavioral therapy (CBT), this resource guide offers teens simple strategies to work through situations that cause anxiety.



**You Can Do All Things**  
By Kate Allan  
Call #: 152.4 ALL  
This book provides illustrated meditations to help with depression and anxiety. It is a collection of knowing-yet-supportive illustrations paired with thoughtful quotations to encourage readers to be mindful of their own mentality and to take care of themselves.

# Local Support

WGSS Youth Workers Room 121

WGSS Counsellors Consider joining a mindfulness group

Langley Youth Hub (604) 546-1130

Child and Youth Mental Health Clinic (604) 514-2711

## Resources



### Anxiety Canada

Online resources providing self-help information, programs, and workshops in BC.  
[Anxietycanada.com](http://Anxietycanada.com)  
[Youth.anxietycanada.com](http://Youth.anxietycanada.com)



### Teen Mental Health

Learn more about mental health and how to support yourself or a friend.  
[Teenmentalhealth.org](http://Teenmentalhealth.org)



### Crisis Centre: Youth In BC

24/h crisis lines and online chat available in BC.  
[Youthinbc.com](http://Youthinbc.com)



### Here to Help

BC Information Resource for Individuals and Families Managing Health and Substance Use Problems.  
[Heretohelp.bc.ca](http://Heretohelp.bc.ca)



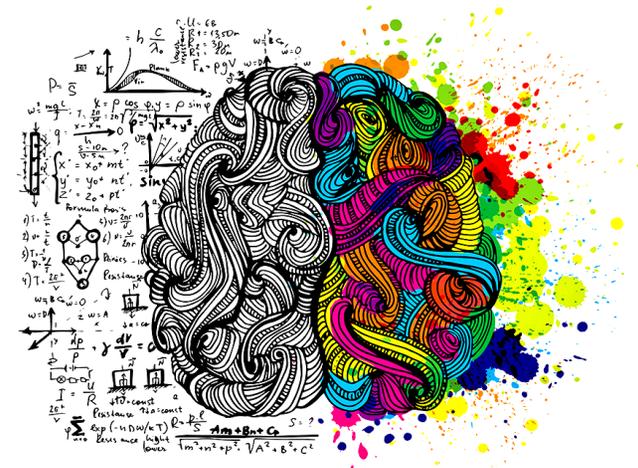
### Foundry BC

Online resources and support for youth and their friends and families.  
[Foundrybc.ca](http://Foundrybc.ca)



### Kelty Mental Health

A provincial source of mental health and substance use information for youth, and families  
[keltymentalhealth.ca](http://keltymentalhealth.ca)



# Anxiety

*Resources, readings, and other information to help you understand and learn to manage your anxiety*

## Apps



BREATHR



CALM



MINDSHIFT



BC HEALTHLINE



HEADSPACE



PULSE

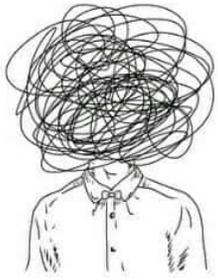


Walnut Grove Secondary School

*This brochure was created in collaboration with the WGSS Library and WGSS Counsellors*

# What is Anxiety?

Anxiety is an emotion characterized by feelings of tension, compulsive worrying and physical changes like increased blood pressure. Anxiety, at times, is our body's normal reaction to danger or important events. Anxiety is like an internal alarm system. It alerts us to potential danger and helps our body prepare to deal with it. People with anxiety disorders usually have recurring intrusive thoughts or concerns that may cause them to avoid certain situations out of worry.



## Signs and Symptoms of Anxiety

- Feeling nervous, irritable or on edge
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation), sweating, and/or trembling
- Feeling weak or tired
- Difficulty concentrating
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems

### I Want to be Calm : How to De-Stress

By Harriet Griffey  
Call #: 155.9 GRI

This book explores the different issues we may face in our day-to-day lives that make us feel stressed, anxious, depressed or overwhelmed, and shares practical advice on how to overcome them.



**I want to be calm**  
HOW TO DE-STRESS  
Harriet Griffey

# What's the Difference?

Normal Anxiety or *Anxiety Disorder*

Occasional worry about circumstantial events, such as an exam or breakup, that may leave you upset.

*Constant, chronic, and unsubstantiated worry that causes significant distress, disturbs your social life, and interferes with classes and work.*

Embarrassment or self-consciousness in the face of an uncomfortable social situation.

*Avoidance of common social situations for fear of being judged, embarrassed, or humiliated.*

Random cases of "nerves" or jitters, dizziness or sweating over an exam, oral presentation, or other important event.

*Repeated, random panic attacks, and a feeling of terror or impending doom.*

Wanting to be sure that you are healthy and living in a safe, hazard-free environment.

*Performing uncontrollable, repetitive actions, such as washing your hands repeatedly or checking things over and over.*

Anxiety, sadness, or difficulty sleeping immediately following a traumatic event.

*Ongoing and recurring nightmares, flashbacks, or emotional numbing related to a traumatic event in your life that occurred several months or years ago.*

Is this you? If you can relate to any of the descriptions of *anxiety and related disorders*, talk to an adult who can help as soon as possible.

# Four Tips For Anxiety

## Maintain a Positive Attitude

Make an effort to replace negative thoughts with positive ones. Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

## Take a Time-Out

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

## Balance Your Lifestyle

Do not skip any meals. Do keep healthy, energy-boosting snacks on hand. Limit caffeine and substances, which can aggravate anxiety and trigger panic attacks. Exercise daily to help you feel good and maintain your health.

## Talk to Someone

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a counsellor, physician or therapist for professional help.

# Support Your Friends

## Do!

- ♥ Let an adult know right away if you've noticed a change in their behaviour.
- ♥ Encourage them to talk about what's going on (how they feel, what they're thinking, what they're doing differently). Let them know that you're there to listen without being judgmental.
- ♥ Suggest they see a doctor or health professional and/or help them to make an appointment. You could offer to accompany them.
- ♥ Help the person find information about anxiety and depression from the school counsellor.
- ♥ Be the friend you've always been. Hang out together. Just being there can really help.
- ♥ Reassure them they are not alone and there is hope that things can get better.

## Don't...

- ✗ Put pressure on the person by telling them to 'snap out of it' or 'get their act together'.
- ✗ Stay away, avoid or ignore them.
- ✗ Tell them they just need to stay busy or get out more.
- ✗ Talk about how they're feeling all the time.