

# ANXIETY

- What it is, and what support is available
- Managing exams and revision at home



**Anxiety is a natural response that we feel when under threat. For most of us, anxiety is what we feel when we are afraid, worried, or apprehensive about things that are about to happen, or could happen in the future.**

Although occasional anxiety is 'normal', it becomes a mental health difficulty if it impacts your day-to-day living and functioning. For example:

- If your anxiety is very strong and persists for a long time.
- If you have frequent or intrusive, negative or frightening thoughts.
- If your worry is not proportionate to the situation.
- If you experience frequent **physical symptoms** or **panic attacks**.

## Anxiety over COVID-19 and returning to 'normal'

Many people have experienced an increase in anxiety during the pandemic. Although many of us want to return to normal soon, it is also common to be anxious about what that means and what that will look like.

- Some may miss socialising in person, however, feel very anxious about the thought of leaving home right now.
- Others may have felt safer being at home and feel under threat of the virus or the thought of being required to be around others physically again.

However you are feeling about lockdown easing, please note that there is no right way to feel and it is a normal response to find such a significant transition difficult.

## Increased Anxiety Leading up to and during exams

We have talked about the stress response previously, and how it is functional to be stressed leading up to exams as you are preparing for action. However, if you already suffer from anxiety, are you are experiencing a disproportionate amount of anxiety right now, please let someone know. If safe to do so, share with your peers, friends, and family. Please also consider contacting your personal tutor, senior tutor, or the well-being advisor.

## Support through the College, NHS and elsewhere

As with any mental health concern, if you are worried about how you are coping please book an appointment to speak to your GP. It is likely that you will be offered a phone consultation.

Support offered by your GP may include a referral for **talking therapies such as CBT** or in some cases, **medication**. If you are experiencing persistent physical symptoms, such as a fast heartbeat, always contact your GP or call 111.

**Counselling** is available through the college and you can refer yourself. The Student Counselling service website has several helpful resources such as **workshops** and online CBT courses through **Silvercloud**.

## Managing exams and revision at home

**Living with family** - If you feel comfortable doing so, ask your family not to disturb you during set times when you are likely to be studying. Consider giving them your exam timetable so that they can be mindful of your need for quiet. You may even want to consider an "Exam in process" sign for your door.

**Living alone** - Keep in contact with coursemates whilst studying and in between exams in a supportive way. Not to compare exam performance, but to remind yourselves that you are not alone in this, as sitting your exam at home can be quite an isolating experience. Make sure you celebrate with each other or reward yourself if you want to!

**Living with coursemates** - This may sometimes be helpful during revision, but can also feel quite stressful, especially if you are comparing yourself to how you think your flatmate is managing or you feel that you are offering too much support. Try and establish boundaries for alone time and study outside of the house sometimes (if feasible).

Register for confidential  
Counselling

Book an appointment with the  
Disability Advisory service

Book an appointment  
with the Wellbeing  
Advisor