



Tulare County Office of Education | CHOICES TUPE Newsletter

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Mental Health: Anxiety

The CHOICES TUPE program helps students understand the consequences of unhealthy decisions such as choosing to use tobacco, alcohol, and other drugs. Through the program, students discover information and build skills they can use to successfully transition through important life milestones.



Signs of anxiety

- Recurring fears and worries about routine parts of everyday life
- Irritability
- Trouble concentrating
- Extreme self-consciousness or sensitivity to criticism
- Withdrawal from social activity
- Avoidance of difficult or new situations
- Chronic complaints about stomachaches or headaches



Positive ways to deal with anxiety

- Be an expert on you. Learn the things that relax you the most.
- Get enough sleep, nourishment, and exercise.
- Connect with others. Spend time with friends or family, people who care about you.
- Connect with nature. Go for a walk in the park or woods. Get outside when you can.
- Pay attention to the good things. Highlight all positives.



Anxiety attacks

Anxiety attacks can be distressing for the individual experiencing them. However, you don't have to let your anxiety attacks run your life. To better cope with anxiety attacks when they come, below are four coping methods that can help you work through your anxieties and experience some anxiety attack relief. 1. Engage in deep breathing exercises. 2. Take time to stop and challenge your thoughts. 3. Distract yourself from your symptoms. 4. If you have the opportunity, try meditation when anxiety strikes.



Video Resources

- <https://www.youtube.com/watch?v=rp0lpKTWrp4&t=7s> (fight, flight freeze)
- <https://www.youtube.com/watch?v=yWUYhxdaQBI> (overcoming fear)

“If you can't fly then run; if you can't run then walk; if you can't walk then crawl, but whatever you do you have to keep moving forward.” – Martin Luther King Jr.

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Tulare County Office of Education
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