

Research document

How can we help teenagers get over their anxiety?

What is anxiety

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision. It can help you to cope. The anxiety may give you a boost of energy or help you focus. But for people with anxiety disorders, the fear is not temporary and can be overwhelming. *(National Institute of Mental Health, 2024)*

How does this out itself

This out itself in a few different manners. A few of these are:

- Anxious thoughts or beliefs that are hard to control. They make you feel restless and tense and interfere with your daily life. They do not go away and can get worse over time. *(National Institute of Mental Health, 2024)*
- Physical symptoms, such as a pounding or rapid heartbeat, unexplained aches and pains, dizziness, and shortness of breath. *(National Institute of Mental Health, 2024)*
- Changes in behavior, such as avoiding everyday activities you used to do. *(National Institute of Mental Health, 2024)*

Along with these symptoms, there are also certain things that can make this worse. Some examples of this are: caffeine, other substances, and certain medicines. *(National Institute of Mental Health, 2024)*

How can this be regulated

Anxiety gets regulated by self-regulation. This is something you a human builds up over time. Theoretically speaking, a toddler who throws tantrums grows into a child who learns how to tolerate uncomfortable feelings without throwing a fit, and later into an adult who is able to control impulses to act based on uncomfortable feelings. *(Arlin Cuncic, 2023)*

There are some ways known as to how to help someone self-regulate. Some of these skills are:

- Mindfulness
- Think positive instead of negative
- Grow your self esteem

What can help regarding anxiety in combination with exams

There are a few things that can help regulate test or exam anxiety. The most important of them are:

- Get a good nights sleep
- Avoid caffeine
- Practice breathing method

(National library of Medicine, 2023)

Sources

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