

# Marvellous Minds with Megan

Hi, my name is Megan and I'm in year 6 and a member of the Well-being Team.

In my posts I am going to help you to learn about mental health and also share some techniques you can use to help you to keep a healthy mind. I hope you find them useful!



## What is Anxiety?

Anxiety is a normal thing that everyone has at some point in their life. Sometimes yours can be better than others but sometimes it can be worse than others and that is ok.

Anxiety is when you worry a lot and it can make you feel and act in different ways. Sometimes it can make your body feel funny, you can get aches and pains or headaches. It can also make you behave differently; you can be mean (not on purpose) to those you love and you kind of take it out on them, but they will forgive you; also make sure you say sorry. Anxiety feels different for everyone, you will learn to recognise how it feels for you.

When you are anxious you might worry about little things that normally wouldn't cause you to worry. Just those little worries can change how you feel and act. For example, I love gymnastics and I do it all around the house but when I'm worried, feel down, had a bad day or someone said or did something to me that hurt me or my feelings I don't feel like doing gymnastics even though it's something I love! Sometimes it's hard to talk about your worries or to share with someone that you are feeling anxious. It's important for you to tell a trusted adult because they can help you.

## This Week's TOP TIP!

If you are really sad or crying or feel a bit overwhelmed then 'Grounding' is a very good exercise to do.

BE  
HAPPY

## Grounding Exercise

*For use during a panic attack,  
when you need to stay calm,  
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

- 5 things you **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**

Next week... I will be writing about 'Fight and Flight' and sharing another top tip to help us to keep our minds healthy!