



Painting by Natasha Pyke, A Level Fine Art 2019



Painting by Cody Wren, A Level Fine Art 2019



Students can book an appointment with the College Wellbeing Mentor

All of us worry about things and get anxious from time to time. It's completely normal. But some of us experience these emotions to a level that stops us from functioning in the way we want to. This leaflet is designed to give you a few tips on how to cope with what for many, can be debilitating feelings.

Triggers throughout the year

There are times throughout your journey at College when you're likely to feel more worried, fearful or anxious, so recognising and accepting this is important. Some examples of these times include:

- The first couple of weeks—settling in and meeting new people

- Exam periods
- Deadlines for assignments
- Exploring pathways post College
- Relationship issues
- Having an interview

Experiencing anxiety at these pressure times is completely normal. What's important is to recognise the lifestyle changes you can make to help ease your anxiety and find out about the support available to you at College.

Top tips to help manage anxiety

The best way to overcome any anxiety is to confront your fears rather than avoid them. Avoiding situations you fear allows anxiety to grow and become even stronger. The quicker fears are confronted, the sooner they will get better.



Exercise

Exercise can help enormously - ideally three times a week for at least 30 minutes. Just going for a walk can help! Use the College Gym for free, or sign up to one or more of the more physical activities in the College's Activities and Wellbeing Programme.



Maintain blood sugar levels

The brain uses up more energy than any other organ in the body and needs fuelling throughout the day and night, even while you're sleeping.

Anxiety can be affected by changes in your blood sugar, as your brain reacts to these levels. It's therefore important to try and maintain blood sugar levels by:

- Eating at meal times
- Eating little and often
- Avoiding high sugar chocolate bars, fizzy drinks and cereal bars
- Limiting the amount of alcohol you drink



Talk to friends and family

Talk to others about how you're feeling. A friendly ear can always help you to feel more understood. Other people will almost certainly be feeling the same as you.

Avoid social media

Try switching off from the social media world for a while - take a break. Sometimes it's good to step away from looking at what other people are up to.

Reduce your caffeine intake

Having a large amount of caffeine daily can exaggerate symptoms of anxiety. It's recommended to limit your intake of caffeine to around 300mg or less per day.

The table below shows the caffeine content for a variety of drinks.

Type of Product	Product	Caffeine content (mg)
Coffee	Black Americano	120
	Latte	120
	Cappuccino	120
	Mocha	130
	Frappe	120
Tea	Weak	20
	Strong	80
Soft Drinks	Coke Can (375 ml)	32
	Diet Coke Can	42
	Monster	160
	Relentless Energy Drinks	160
	Lucozade	46
Chocolate	Milk Chocolate	3-6
	Dark Chocolate	12-20



Support available at College

Your Tutor, Senior Tutor or Pastoral Director are all available to talk through any concerns you might have. Other support the College offers includes:

- **The self-help pages on Moodle.** Ask your Tutor if you're not sure how to access these.
- **The Activities and Wellbeing Programme.** As well as doing specific wellbeing activities like yoga, many people find taking up a skill or hobby, such as music or art, can help with low mood. You can choose from over 60 activities and sign up through the Personal Information Portal (PIP).
- **Mentoring.** Email mentoring@reigate.ac.uk to book an appointment with the College Wellbeing Mentor or one of the College's Student Mentors.
- **Counselling through Relate.** Please email relate@reigate.ac.uk to make an appointment.
- **Dorking Health Care.** If you're over 18, you can access a range of services from Dorking HealthCare. See www.dhctalkingtherapies.co.uk

For more information, go to: www.reigate.ac.uk/reigate-portal/student-support-welfare/