

When I worry - top tips for teens

Information for patients



Yorkshire and Humber
Congenital Heart Disease
Operational Delivery Network

LEEDS CONGENITAL
HEARTS

We all worry sometimes.
Worrying is something we feel
when our thoughts make us a bit
scared or nervous.

When we are worried it can make
our body feel a bit odd.

You may feel sick, warm, sweaty
and shaky.



Top tips - these are things we can try to help us feel better when we are worrying:

Talk to someone

If you've got a worry going around in your head, it can help to tell someone, write it down or even draw it.

If you have lots of worries it can help to plan a time every day to talk about any worries you have with someone you trust (a teacher or parent).



Ask questions

Sometimes we can worry about things we don't need to or we might not be sure what is happening.

If you aren't sure about something, ask someone for help.

Practice 'mindfulness'

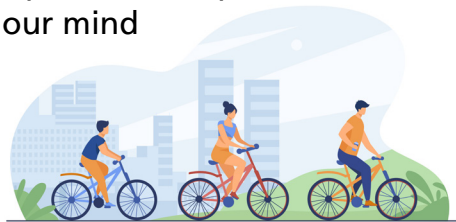
This is thinking about what is happening here and now. It can help us to focus on our body and calm our mind. There are lots of ways to practice mindfulness - take a look at our mindfulness activities box for ideas.



Keep busy - keep active

Sometimes doing something fun or something that keeps your mind busy can help - some people do colouring or a puzzle, other people get up and dance around or listen to a song that makes them happy.

Exercise can help too - it keeps our body and our mind healthy.



Mindfulness activities:

Try using your senses:

Name **five** things you can see

Name **four** things you can hear

Name **three** things you can touch

Name **two** things you can smell

Name **one** thing you can taste



Try breathing techniques:

Sit comfortably.

Breathe in slowly through your nose, hold the air in your lungs, and then breathe out slowly through your mouth as if you are blowing through a straw.

The secret is to go slow:

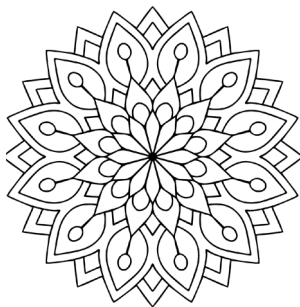
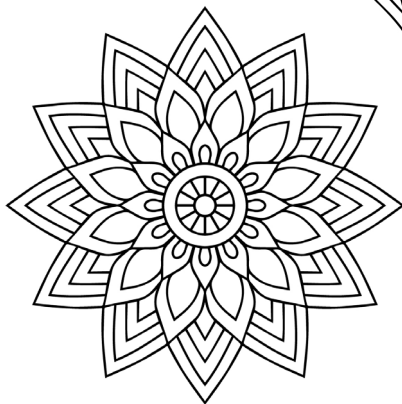
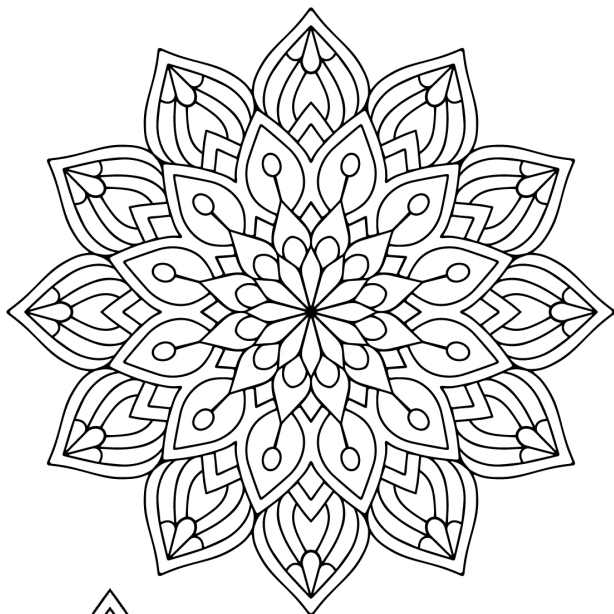
Breathe in for four seconds

Hold for four seconds

Breathe out for four seconds

Repeat!

Try some mindful colouring:



Resources:

- **Young Minds**
- **Kooth** - (ages 10 -25) offers a free, safe and anonymous online counselling and support service for when you need to talk to someone confidentially about what is bothering you.
- **NHS** - Find Mental Health Support for Young People
- **The Mix** (age 25 and under) - offers support for anxiety, depression with self-care and counselling.
- **Young Persons Text Crisis Service** – 24 hours – TEXT 25258 Young Minds.



This leaflet has been designed with images used from freepik.com



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 1st edition (Ver 1)
Developed by: The Congenital Cardiology Psychology and Counselling Team
Produced by: Medical Illustration Services • MID code: M20220128_005/BP

LN005196
Publication date
05/2023
Review date
05/2026