The logo for Kooth, featuring the word "kooth" in a bold, lowercase, sans-serif font. The two 'o's are replaced by stylized speech bubbles with two dots for eyes. The logo is contained within a white speech bubble shape with a black outline and a drop shadow.

**kooth**

**Free mental health support**

[Kooth.com](https://www.kooth.com)



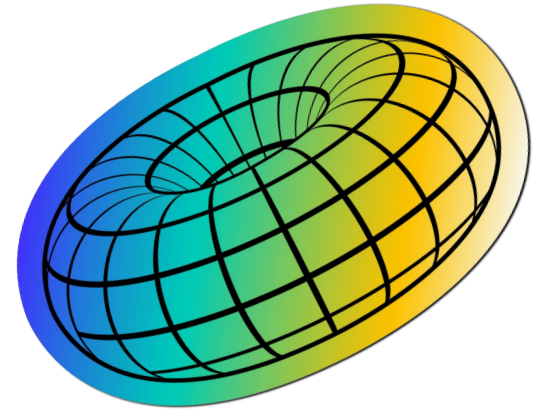


# Know it, name it, calm it

We're here to talk about what anxiety really is, why it happens, and simple self-care tips you can use to calm your mind and feel more in control

# So, what is anxiety?

- It's our response to stressful events
- Think of anxiety like your body hitting the alarm button - it's natural, but sometimes it goes off too much or too often
- It can become a problem if these feelings of anxiety don't pass after the stressful event
- **This is when anxiety can affect our lives and how we think, feel and act**



# Why we can feel anxious

As humans evolved, our brains developed an alarm system that triggers what is known as the **'fight or flight' response** – when your body prepares to either run away, fight, or freeze

Even though we don't face the same sort of dangers as we did in the past, we can still experience the fight or flight response when we feel anxious

# It's completely natural to feel anxious sometimes

**Joining a new class or  
leaving school for college**

**Sitting exams  
or giving a class  
presentation**

**Moving home**

**An argument with  
friends or family**

## Tips on what to do when you're feeling worried or anxious



1. Get to know your anxiety
2. Try to challenge unhelpful self talk
3. Try an activity that helps you relax
4. Try some different ways to take care of yourself
5. Talk to someone you trust

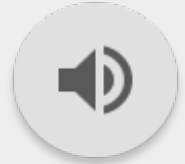
# Self care helps you to calm anxious thoughts

**Rest, get enough sleep**

**Plan fun things to look forward to**

**Move your body**

**Take a break from socials**



# Try the STOP technique



## **Stop**

Stop what you're doing for a few minutes

## **Take a breath**

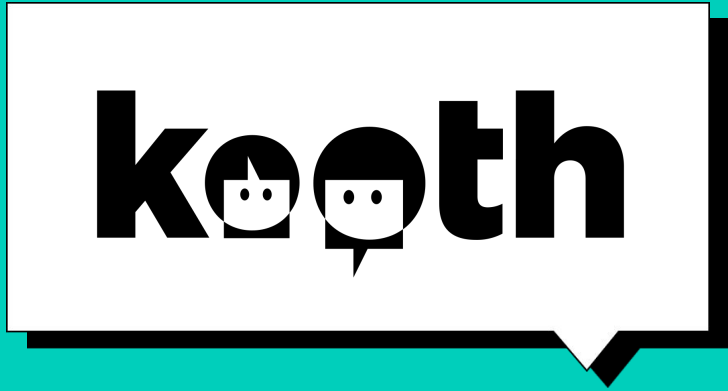
Focus on your breathing. Take some big, deep breaths in and out

## **Observe**

So that means, tuning into your thoughts, feelings, and how your body might be responding

## **Proceed**

Go back to whatever you were doing, while being mindful of how you feel. Try to focus on one thing at a time, to prevent getting overwhelmed

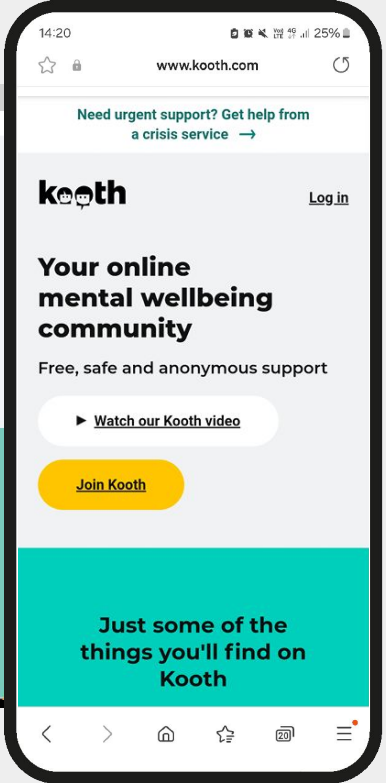
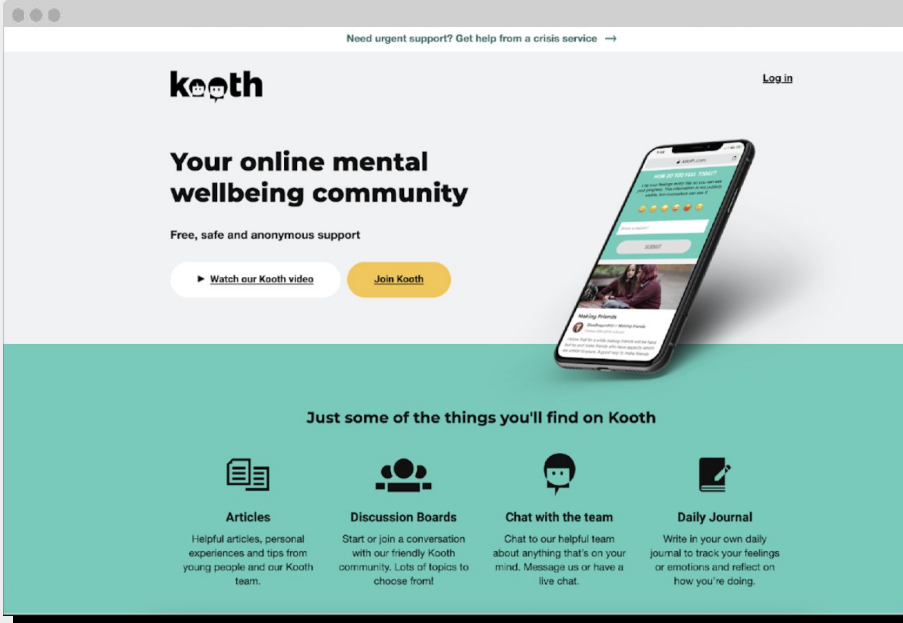


**Kooth.com** offers free, safe support to help you take care of your mind when things feel overwhelming

# How to sign up for free

(on your computer or phone)

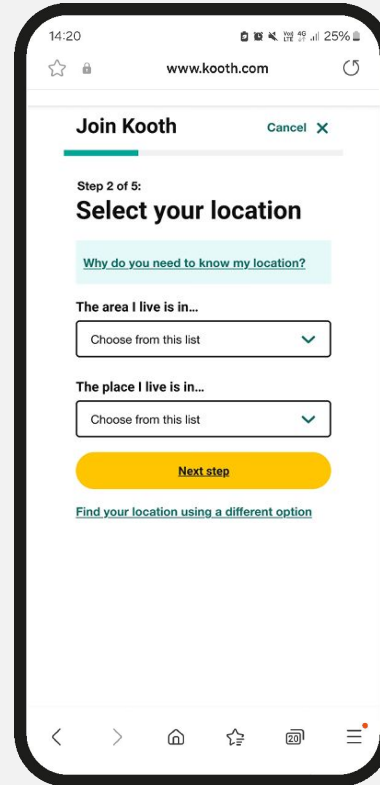
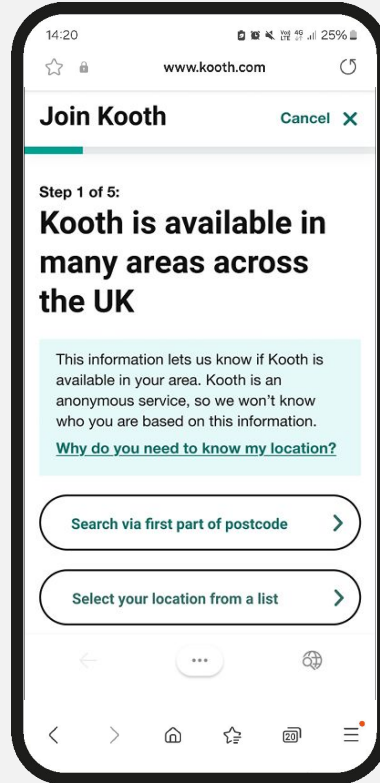
Click on the 'Join Kooth' button to get started

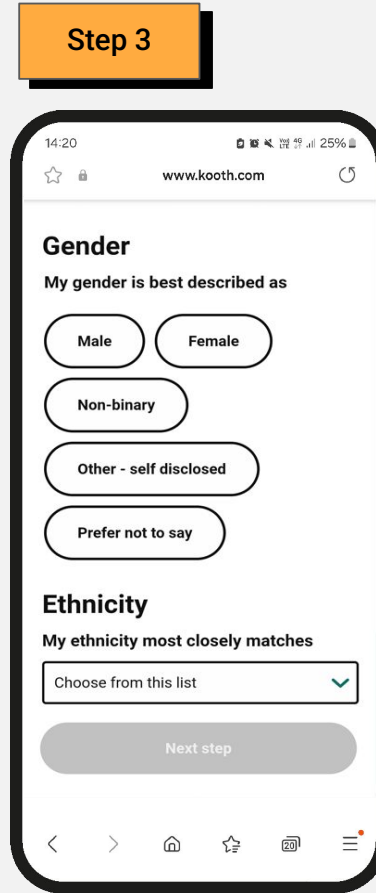
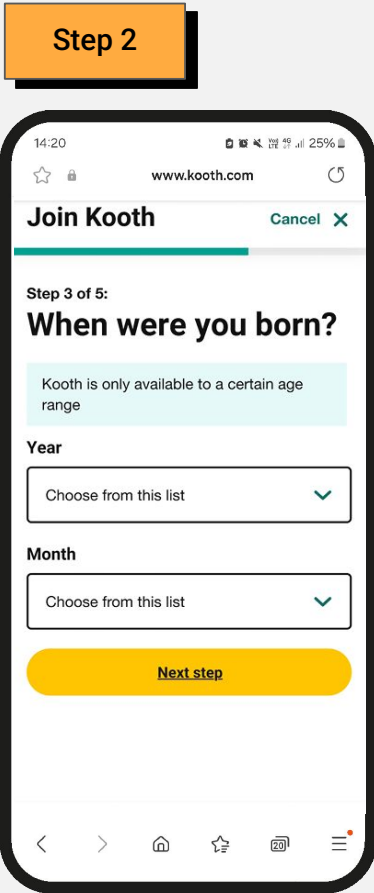


**Step 1**

1. Type in the first part of your postcode

(or choose the town or city where you live from the drop down menu)





2. Choose your month and year of birth

3. However much or little you share about gender or ethnicity will not affect the support offered at Kooth

4. Create an anonymous (not your real name) username and secure password

Step 1

**Type in the first part of your postcode** or choose the town or city where you live from the drop down menu

Step 2

**Add your month and year of birth**

Step 3

**Confirm your gender and ethnicity** (remember however much or little you share will not affect the support we offer)

Step 4

**Create an anonymous (not your real name) username and secure password**



# You'll find loads of helpful tools:

- Try a mini activity
- Write whatever you're feeling in your own private online journal
- Set some goals you really want to achieve
- Join others like you in our monthly forums

## Did you know?

We have hundreds of articles on topics including anxiety, friendship issues, and exam stress



### The science of anxiety

Ben in [Anxiety](#)

September 27th 2023, 1:24 PM

\*This article was written by a Koo mental health writer and contains mentions of: anxiety, symptoms

**My journal**  
Here you'll find all your journal entries, so you can keep track of how you've been feeling.

**Hey, how do you feel today?**  
The journal is an optional space for you to keep track of how you've been feeling.

Today I feel...

😊 Happy face

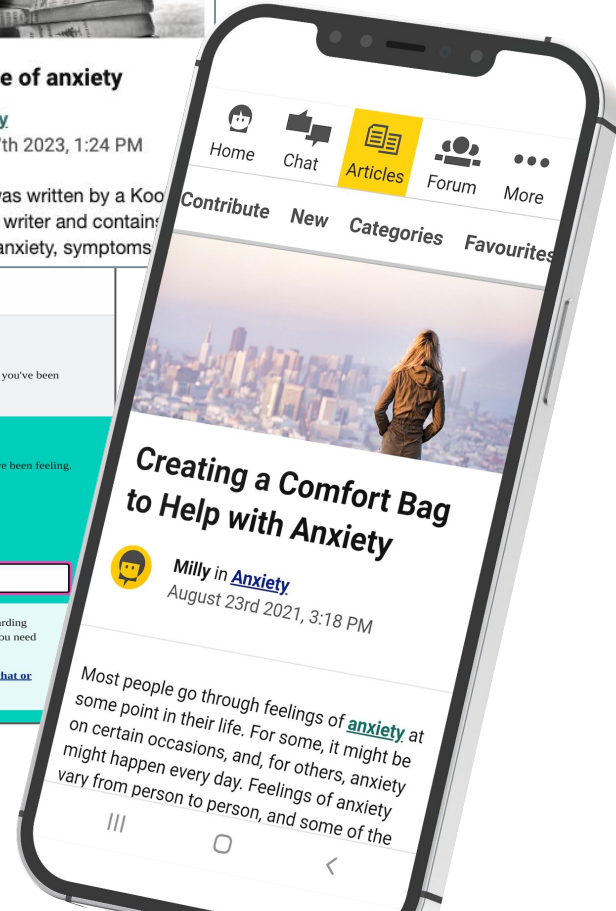
You can also write how you feel and why (optional)

I feel motivated to get through my exams!

Journal entries are monitored by our team as part of our safeguarding process, however these reviews do not happen in real-time. If you need immediate support, please see our [crisis services page](#).

If you would like support from the team, please [reach out via chat or messaging](#).

HIDE PAGE



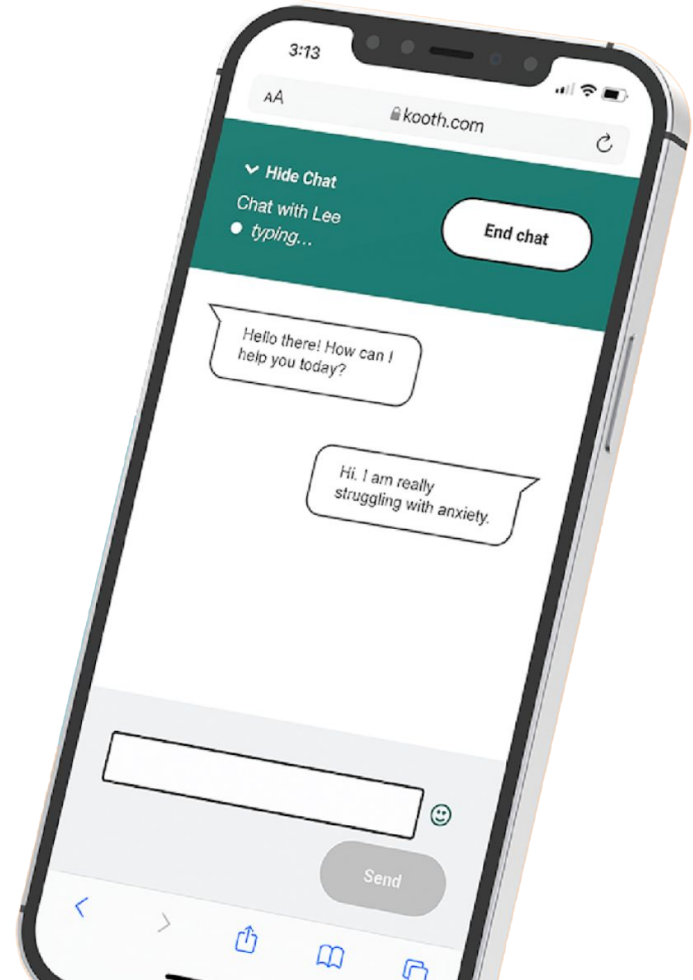
# Come and chat to one of our friendly mental health experts

When you first come to chat, we will:

- Listen to you
- Explore how you're feeling and what's on your mind
- Think together about the best way to support you

## Did you know?

You can usually get help on the same day you need it



**Our team is here for you  
365 days a year**



**All our self help tools are available 24/7**


And you can chat with us during the following hours:

**Monday - Friday 12pm - 10pm**

**Saturday and Sunday 6pm - 10pm**

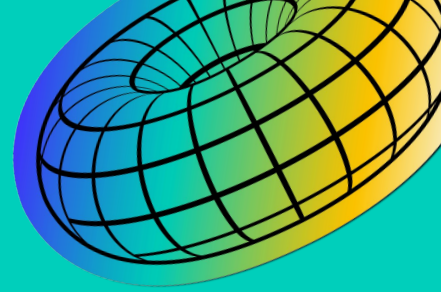


# Kooth is here for everyone, **whoever** you are

A stylized starburst graphic on the left side of the slide. It has a green-to-yellow gradient and a thick black outline. It is positioned to the left of the white text box.

Whatever your gender, sexuality,  
religion, faith, ethnicity or culture,  
Kooth is here to listen

No bullying, racism or trolling  
can take place on [kooth.com](https://kooth.com)



# kooth

**Everyone** needs support sometimes -  
and if you do, **we're here**

Free, safe, anonymous and online

**kooth.com**

Explore now!

