

At Newbridge School we support young people with a range of issues that prevents them from learning effectively in a mainstream environment. Some of our students experience:

Stress, trauma and anxiety disorder:

If you have an anxiety disorder, these feelings are more noticeable and difficult to live with. They can make you feel as though things are worse than they actually are. This can lead to you worrying all or most of the time and can affect your day to day life.

Symptoms of anxiety include:

- feelings of dread, panic or 'impending doom',
- feeling on edge or irritable,
- heightened alertness,
- difficulties sleeping,
- changes in appetite,
- difficulties concentrating,
- de-personalisation, and
- wanting to escape from the situation you are in.

You might also experience physical symptoms, which can include:

- sweating,
- heavy and fast breathing,
- hot flushes or blushing,
- dry mouth,
- shaking,
- hair loss,

- fast heartbeat,
- dizziness and fainting, and
- Irritable bowel syndrome (IBS), stomach aches and sickness.

Some of our students experience this on a daily basis, and their anxiety management is something we strive to support them with. If you would like to talk about this more please contact:

kimcowardine@advancetrust.org

At Newbridge we care about you, we want to make things easier for you so you can become the best version of yourself.

