



Helping an anxious friend

When a friend has anxiety there are lots of ways you can help them to feel a bit better:

- **Be a good listener:** Simply being there for your friend when they need to talk, without judging them.
- **Learn about anxiety together:** Find out about your friend's anxiety so you both understand their needs.
- **Help your friend to talk to a adult:** Sometimes, an adult can get the extra support your friend needs.
- **Be patient and kind:** Anxiety can be tough, and your friend might need you to be extra patience and kind.
- **Do fun activities together:** Doing fun activities can help take their mind off things and reduce anxiety.
- **Help them relax:** Do simple relaxation techniques together like deep breathing or counting to ten.
- **Remind them to take breaks:** When your friend is anxious encourage them to take time out to relax.
- **Celebrate their achievements:** Praise your friend when they cope with their anxiety or use a strategy.
- **Take care of yourself too:** Take breaks and talk to an adult if you're feeling overwhelmed or need support.

A good friend shows kindness and understanding when their friend has anxiety and needs support. Being there for a friend makes a difference!

