

RESPONSIVE MEASURES IN HELPING STUDENTS STRUGGLING WITH ANXIETY

by:

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Anxiety is a normal biological reaction to fear or uncertainty. It is characterized by apprehension or fear, and it frequently leads to the evasion of a specific situation. Anxiety can sometimes become distinct with people experiencing it in a wide range. In such cases, anxiety can be harmful to one's well-being because it can lead individuals to avoid situations or social engagements that they perceive to be too difficult. Anxiety disorders may be diagnosed when anxiety begins to impede everyday activities. Anxiety disorders frequently emerge during adolescence and can co-occur with depression, with students displaying symptoms of both anxiety and depression at school.

Anxiety disorders cause students to feel afraid, troubled, or uneasy in situations that most people would not. Anxiety disorders, if left untreated, can make it difficult for students to complete schoolwork. It may have an impact on their interactions with other students and teachers. Students who deal with anxiety in a variety of ways may find everyday engagement a battle to conquer. Students may abandon their academic studies if they remain anxious. Furthermore, anxiety may affect their physical and psychological well-being and affect their ability to work in the future. Students feel less pressure if they can handle their fear.

To address this problem, learning institutions must provide students with health workers to assist them in coping with negative emotions while they study. To provide effective mental health services to students, educational institutions should hire psychologists and counselors. This will support students with effective anxiety-reduction strategies. Mental health workers should be present on campus to meet with students and

provide them with a trusted and secure environment to improve their self-confidence when seeking help. They should provide a socialized environment for students to lessen their isolation and fear.

Even though psychologists consider anxiety to be normal, it continues to creep up on students, leaving them frustrated and anxious at school. The teacher must use teaching strategies to help alleviate some of this unnecessary stress and support students to cope with whatever comes their way while they are in school.

Teaching Strategies that Can Help Students with Anxiety

Use Teaching Strategies to Distract Students

Distracting anxious students is the best thing you can do for them. Students with anxiety are known to be irritable, tired, have headaches, reject going to school, have attachment issues, and some may even be assertive, according to the Anxiety and Depression Association of America. Teachers must be attentive to how an anxious student appears. If the teachers notice a student showing any of these signs, try to divert their attention. Teachers may request them to go to the office for them to pick up teaching materials or assign them an important task in the classroom. Anything that takes their minds off their anxiety for a few minutes will be beneficial. Teachers may also ask the students what they believe will help them relax. Giving them games that they are interested in may help to reduce their mental and physical struggles. They can resume their normal class activities once they feel better.

Another method for assisting anxious students in the classroom is to use stress-reduction techniques. When they feel their anxiety rising, they'll know exactly what to do to relax. Guide students to take a few deep breaths to release their tension. Check to see if they are breathing in through their noses and out through their mouths. Encourage students to count their breaths in and out to help them focus and avoid distractions.

Integrate Brain Breaks Exercise

Exercise can reduce stress and anxiety. According to the Anxiety and Depression Association of America, exercise and other physical tasks produce chemicals in the brain that act as natural painkillers called endorphins. Exercise also improves the ability to sleep, which may help to reduce stress. Furthermore, scientists have discovered that daily participation in aerobic activity has shown a positive response to decrease all stress, stimulate and stabilize mood, enhance sleep, and improve self-esteem. Allow anxious students to get up and move after each task or include them in different physical brain breaks to help them relax. In addition to incorporating exercise and brain breaks, consider including hands-on exercises. This can help anxious students feel less stressed.

An anxious student going into a scary situation can feel like being thrown into a dark room with no way out. The best way to calm an anxious student's mind is to eliminate all situations that cause stress. For example, if a student is concerned about being the last person to finish an exam, allow him or her to take the exam alone in a place without any distractions. If a student is nervous about performing in front of the class, consider a unique way for the student to present his or her output. A recorded video presentation can be the best alternative for presenting a student's accomplishments. The less frightening the situation is for the student, the easier it will be for him or her to conquer fear.

Impart Stories with the Students

All students vary in how they perceive direct intervention provided by teachers or school counselors when anxiety is a concern. Another approach that teachers can use is to share stories about anxiety management with the entire class. This can make struggling students feel more at ease, knowing that the rest of the class is learning the same material as them and that they are not being singled out. Sharing stories is being able to openly discuss the subject of anxiety, avoiding the feeling of being discriminated against.

Teaching the students that anxiety is a natural part of life and that it is nothing to be ashamed of can help reduce any apparent stereotypes and inspire students to properly deal with their anxiety when it arises.

Encourage Students to make a Gratitude Journal

Anxiety, like positivity, can be a powerful force in a student's mind. Encourage the students to make a "gratitude journal" where they can write about their struggles with anxiety. Whenever a student is overwhelmed by a situation, guide him or her to write things that they are grateful for using a journal. Writing about wonderful things or experiences can sometimes eradicate anxious thoughts. The student can go back to his or her previous journal entries to help combat current anxiety or negative thoughts.

References:

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