



Q2 PRESS HIGHLIGHTS
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How students and teachers can beat exam stress



[Ross Davies](#)
7 min read

By the time she reached her GCSEs, Dussek was struggling with [panic attacks](#). It was during her AS levels that she began to [self-harm](#) for the first time, having also developed an [eating disorder](#).

"While I have struggled with [anxiety](#) and [stress](#) from a young age, exams have always been the biggest trigger," she explains.

"I also have a tendency to be very hard on myself, and if an exam hasn't gone the way I wanted it to I will sometimes take it out on myself through self-harm or restricting my eating. During my AS levels in 2015 was the first time I started to self-harm."

Now 20, Dussek, originally from Nottingham, is studying French and History in her first year at the University of Southampton. It has been a tough personal journey to the south coast - including a gap year "to give myself time to try to recover before university" - but she has picked up coping mechanisms along the way to help deal with her upcoming exams.

For first-year university students in particular, living away from home for the first time - as well as the pressure to make new friends and handle finances - can often exacerbate things, says Nicky Lidbetter, chief executive of Anxiety UK.

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How to cope with workplace stress and achieve great mental health



As mentioned, stress can bring about a host of mental health issues, including anxiety. Anxiety UK, a charity formed in 1970 in order to help those affected by anxiety and stress, knows full well the deep connection between the two issues, especially in the workplace. The charity's CEO, Nicky Lidbetter, spoke to us in detail about their relation:

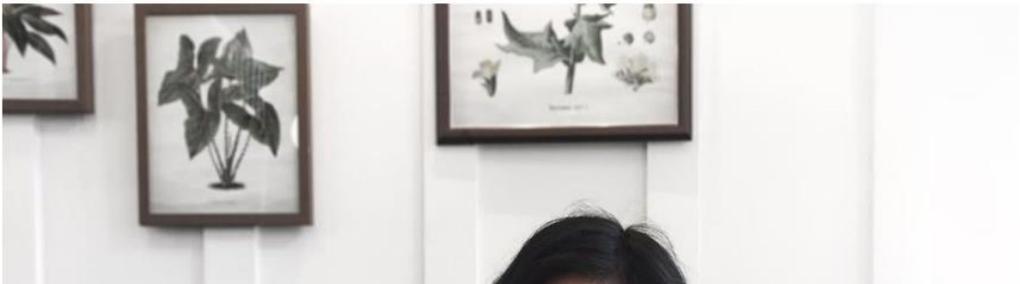
'I Miss Days In The Sunshine Because I'm Worried About It': Summer Body Anxiety And How To Deal With It

Warmer weather isn't welcomed by everyone, especially those struggling with negative body image and want to stay wrapped up in winter clothes.

"In the past I have been on the tube or sitting in the park and received scared looks, I think they fear I have some sort of contagious disease," says Emma, 27, from London, who says the arrival of summer heightens her body anxiety. "This weather makes everyone want to get their skin out, but for me it means putting my eczema scarring and blotchy marks on show."

For many, warmer weather might be cause for celebration but the mercury rising also means summer clothes: items that tend to show more skin and generally give less room to hide.

For those suffering with body anxiety, the overnight change in the weather can mean there is no transitional period to get accustomed to your new wardrobe.



A spokesperson from Anxiety UK says: "Someone with body anxiety may spend a large amount of emotional and physical energy on their appearance; whether it be excessive exercise or grooming routines. Others will avoid interaction with others, for fear of being judged for their looks."



What is health anxiety and how can you overcome it?

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Nicky Lidbetter, chief executive of Anxiety UK (anxiety.org.uk), says: “Health anxiety can be a vicious circle and if you constantly check your body for signs of illness, such as a rash or bump, you’ll eventually find something, often following this up with a Dr Google appointment.

“Often it won’t be anything serious – it could be a natural body change, or you could be misinterpreting signs of anxiety such as increased heart rate and sweating, as signs of a more serious condition.

'It felt like everyone else was at a party I wasn't invited to': The growing threat of loneliness to young adults



Bethany Smith Thursday 3 May 2018 8:00 am



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'It became a vicious circle of... for Metro.co.uk)

Research published... adults who are lonely than their peers.

Professor Chris Williams, clinical advisor for Anxiety UK, says: 'The two relate closely. Humans are social beings and feel their best when connecting to people around them. 'Some people like to have one or two people around them, and others prefer more.' Professor Williams suggests that loneliness can be both a cause and effect of mental health issues.

Dark side of Love Island: From instant fame to fading fortunes, body hang ups and depression

On Thursday the show was rocked by news that 2016 star Sophie Gradon had been found after a long battle with anxiety and depression.

It came just two weeks after Niall Aslam, 23, quit this year's ITV2 show for personal reasons.

In a further blow, charity Women's Aid has attacked contestant Adam Collard for his treatment of women.

So is there a dark side to TV's hottest dating show?

When the cameras stop rolling

Nicky Lidbetter, CEO of Anxiety UK, also warns: "The claustrophobic nature of constant surveillance, lack of privacy and competing personalities could potentially have an effect on the contestant's emotional well-being.

"Additionally, being watched by millions of people who are judging your actions and appearance could impact on anxiety levels."

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