

WORKING *through it*

Eighth grader Savanna Delgado uses different techniques as she learns to overcome her anxiety. (Story by I. Stewart)

All alone. Keeping anyone from seeing the shake of her hands or hearing the rapidness of her strained breaths, Savanna Delgado attempts to ground herself during a panic attack.

Having only dealt with anxiety since fifth grade, she is still figuring out what best helps ease her mind from all the worries it brings, especially in social situations.

"Usually I have panic attacks during social events and I don't want people to see me because I feel like they are pitying me," she said.

With so many people in public, it can be hard to not think about the opinions of everyone around, something she struggles with.

"My mom always tells me (to) worry about my own feelings, but I worry about their feelings," Delgado, an eighth grader, said. "Sometimes I'll say something and

(think) maybe it hurt their feelings, even if it doesn't."

Delgado has a few methods that she uses to bring herself back to reality, such as reassuring herself.

"If I'm in a certain situation I try to tell myself it will be OK, they'll be OK, quit worrying all the time," she said. "Because some of the things I worry about, there's no reason to. I try to breathe, through my nose and out the mouth."

There are times these methods don't always do the trick, which is something she continues to work on.

"Sometimes none of that calms me down though. I don't really know how to calm it down except just talking to myself and trying to clear my head," Delgado said. "Some of the things I worry about during panic attacks don't help so I need to work on what works for me a little more."



trinity bush

Q. Has dealing with anxiety interfered with your academics?

A. "All the time. Sometimes I'll get super unmotivated and I'll be doing the right thing, but my brain will trick me into thinking I'm not and then I'll just give up and I won't do it."

Q.

How does it affect you socially?

A.

"It's really hard. Every time I meet someone I always second guess it and think they probably hate me and think I'm annoying."

Q.

How have your friendships come along? Any new ones?

A.

"I surprisingly have a few friends here. I keep making more and more and it makes me happy because I'm not used to this, but I would love to have more but I just can't say 'hi' to them. I'm the person who waits for people to talk."

Q.

How has coming out of quarantine after a long time played in your interactions with people?

A.

"It's definitely made me a lot more confident because I found myself and I found out more about myself. In seventh grade, I used to just fit in with the crowd and do whatever was cool, and now I decided to be myself and not really care what is cool."

Q.

Do you have any tricks you use in your daily life to calm yourself down and overcome anxiety?

A.

"I just have to remember that I'm not what my anxiety says. I'm my own person and should not listen to it. I try not to and it helps me make friends and get my grades up."



shaye quagliano

Q. Has dealing with anxiety interfered with your academics?

A. "When you're having an anxiety attack it's really hard to talk to people so you tend to just not say anything. It makes it hard to focus and do your work when you're panicking so it affects grades and your social life with your friends."

Q.

Are your friends supportive or helpful when you're feeling anxiety?

A.

"They try to calm me down if they are in my class, or just comfort me if I'm panicking and they are with me. They just tell me I'm OK and they'll just try to make me laugh."

Q.

How do you deal with it when you're alone?

A.

"I like to listen to music really loud, draw something, or do something that will distract me."

Q.

How has coming out of quarantine after a long time played in your interactions with people?

A.

"It makes it worse because I have nobody to tell me it's going to be OK, which usually helps. I tend to overthink a lot of things and I can't stop that until somebody tells me that will be OK."

Q.

Has COVID been taking a larger toll on your anxiety?

A.

"A little bit because I haven't been able to be around a lot of people and that is where I feel better and safer."

33%

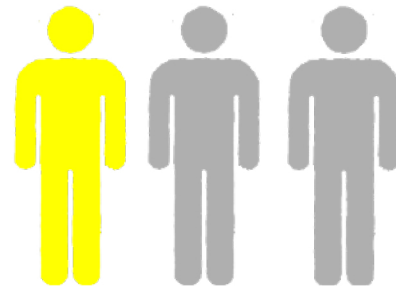
ANXIETY DISORDERS

affect one in three teens.

1/3

"When we came back (to school) I kind of struggled with it a little bit more like I used to. I got really nervous because I hadn't seen people in such a long time and everybody changed. I've gotten better with my anxiety and talking with more people. I just started going up to people and said 'hi' and started making friends."

- Rosalina Felix Lopez (8)



NOT ON OUR *own*

According to the National Institutes of Health, nearly 1 in 3 people ages 13 to 18 will experience an anxiety disorder. Between 2007 and 2012 the number went up 20 percent.