

Anxiety

- What is Anxiety?
- Signs and symptoms of Anxiety
- Causes of Anxiety
- The big 'What if?'
- What is Resilience?
- Building Resilience
- What can we do to help?



*Growing together
in God's love*

Mindfulness Glitter Jar



*Growing together
in God's love*

Time for Coffee



Anxiety

Feeling uneasy

Feelings of worry, fear
and panic



What if?

Feeling like something bad
will happen



Feeling overwhelmed



Anxiety

- Anxiety is a healthy and essential emotion that we all experience, even throughout our developmental years.
- Anxiety is responsible for keeping us safe and protecting us, however children experience anxiety on a spectrum. They can move between healthy and functional levels of anxiety, to unhealthy and dysfunctional levels of anxiety.
- Anxiety is healthy and functional when it is still experienced as manageable and does not significantly change or hinder a child's behaviours or thought patterns.
- Healthy levels of anxiety support your child to prepare for new situations and challenges, and through this process it also builds their resilience and confidence.
- Anxiety can also become unhealthy and problematic during developmental years. This is when your child's experience of anxiety is severe, persistent, and gets in the way of children and family's everyday life.

Signs a child may be struggling

- **Changes in their mental state-** (withdrawn, fearful, low self-esteem)
- **Changes in behaviour-** (challenging, oppositional, aggression)
- **Changes in interpersonal behaviours** (seeking affection, excessiveness clinginess, controlling, failure to recognise and understand emotions)



Symptoms of anxiety in children

- Angry outbursts and frustration
- Emotional- crying over small things
- Difficult sleeping- both falling and staying asleep
- Defiance- the need to take control
- Chanderliering – going from calm to full-blown tantrum without a reason, may happen suddenly when things finally become too much.
- Seeking reassurance
- Increased sensory sensitivity
- Difficulty adapted to any change or transitions
- Lack of focus- school, everyday activities
- Negativity
- Over planning- preparing for every possibility in order to be in control
- Regression – particularly in younger children
- Complaining about physical ailments
- Changes in eating habits



Symptoms of anxiety in children

Anxiety presents itself in many different ways...



Children With Anxiety May...



Causes of Anxiety in Children

- Change in routine
- A different teacher
- Something new happening
- Anxious parenting
- Low self esteem
- Fear of the unknown
- A big event – birthday, Christmas, party
- Changes at home- moving house, separation, grievance
- Life experiences when they do not feel safe

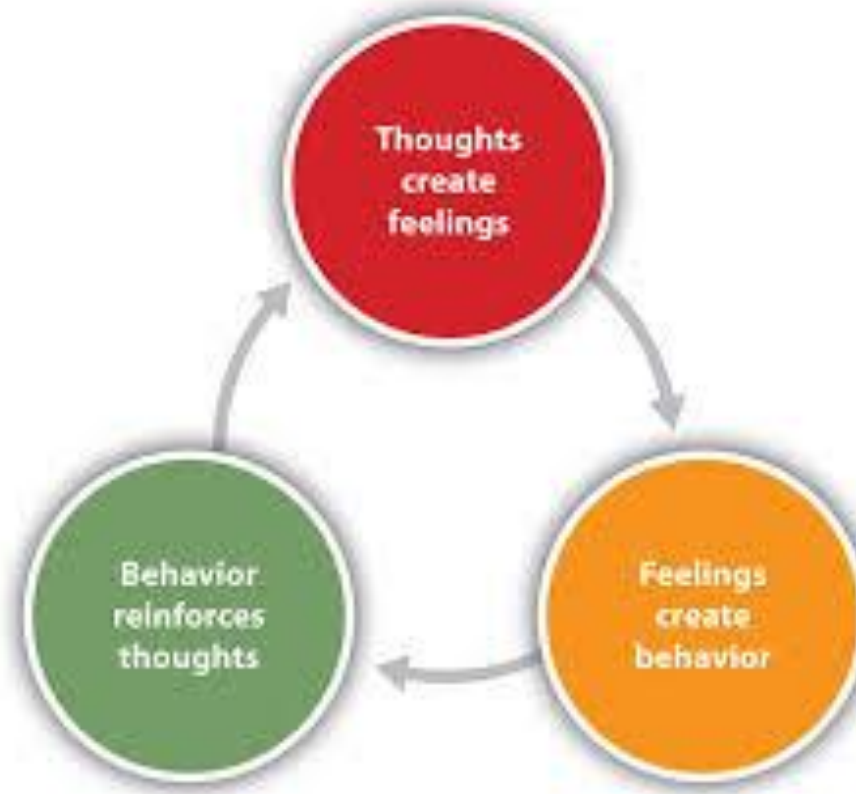


The big 'What if'

Life is full of the big 'What if's', this is what causes us to worry – the fear of the unknown which then leads into those anxious feelings, what we need to teach our children is when is worry normal and when is worry good.

- Many people may work on the assumption that all worry is bad and should be eradicated – don't follow the textbook rule .
- Worry is completely normal and healthy and part of being human, we need to learn and teach how to worry productively and how to have control over less useful worries.
- We need to be able to sit with that uncomfortable 'what if ' feeling.
- Worrying can help us to perform better and be more resilient the next time a challenge comes along.
- We need to support our children through their worries- we cannot protect them from everything , this is all part of preparing them for grown-up life.

The cycle of thoughts



What might our children worry about ?

Worry

Something new happening at school

Going to a new club

Non-uniform

Work that's hard

A Sleepover

Ways to support

Listen to their worries

Validate

Be there

Talk through scenario

Agree something that might help

What can we do to help?

- Do not dismiss the worry!
- Do not criticise
- Listen
- Support- Talk to them about changes
- Use visuals – Social Stories, Visual timetable, Now and Next
- Reassurance
- Special play
- Role play the scenario
- Calming activities
- Support healthy habits – Sleep and diet
- Routines
- Answer all the questions 😊



P.A.C.E

“Being real and emotionally available to the child, meeting them with a consistently warm and caring attitude”

P- Playfulness

A-Acceptance

C-Curiosity

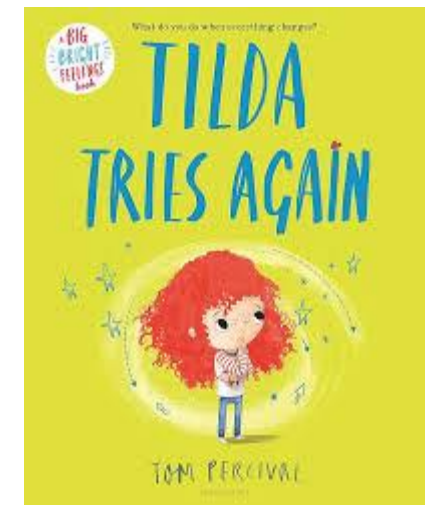
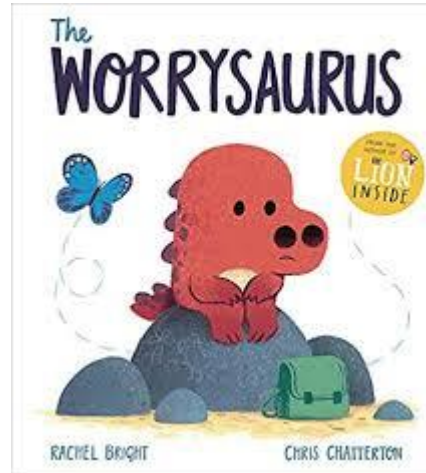
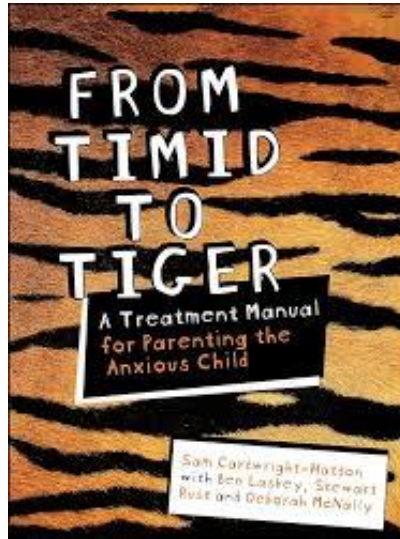
E-Empathy



Worry time and the Big Jar



Book recommendations...



Let's build Resilience!

'When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before.'

- The Capacity to be able to 'bounce back' from difficulties and challenges in life.
- Dealing with Challenges and still holding your head up high.
- Being able to cope with what life throws at you and shrug it off.
- Building up confidence and increasing self esteem.



How do we build resilience?



Validate



Risk



Mistakes



Self-care



Disappointment



Control



Stories



Build confidence

‘Let your children experience challenges. With the help of supportive adults, this “positive stress” can be beneficial . Over time, both our bodies and our brains begin to perceive these stressors as increasingly manageable and we become better able to cope with life’s obstacles and hardships.’

Year longer

**WORRYING DOES NOT TAKE AWAY
TOMORROW'S TROUBLES,
IT TAKES AWAY
*TODAY'S PEACE.***

RANDY ARMSTRONG

