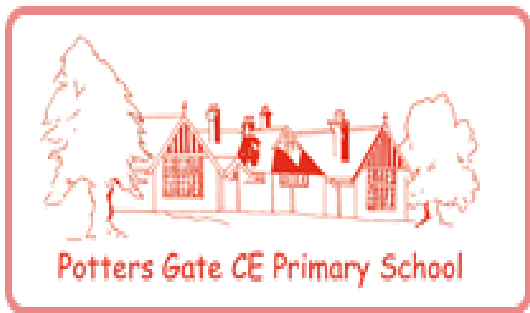


Anxiety Presentation for parents/carers of children



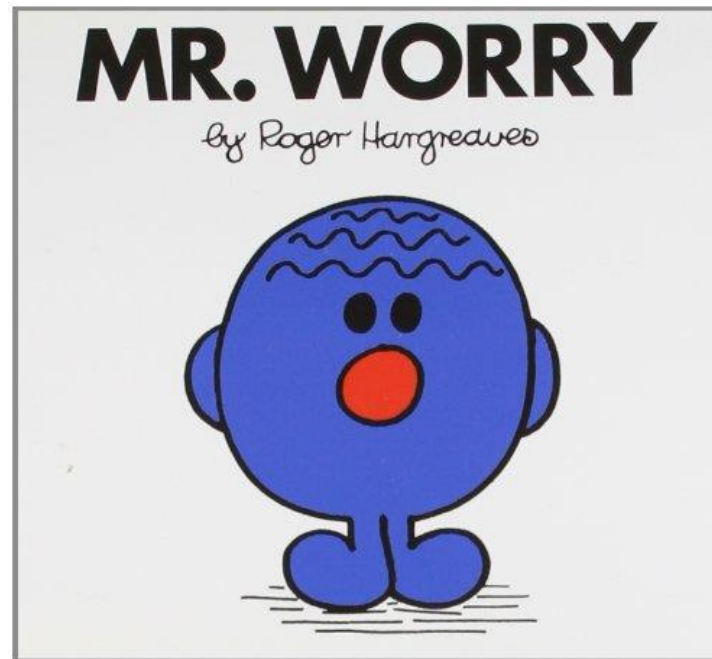
St. Andrew's CofE Infant School

Alexis Carpenter

Aims of the session

- Define anxiety
- Recognise triggers that can cause anxiety
- Recognise signs and symptoms of anxiety
- Explain cycle of anxiety
- Explain how anxiety can be managed
- Know where to get help from if needed

What does anxiety mean to you?



What does anxiety mean?



Anxiety is an emotion we all have. Feeling anxious sometimes is normal. Most of us worry about something. It's our body's survival tool which we experience to lesser or greater degrees.

Sometimes our feelings can be overwhelming and we can feel uncomfortable. Uncomfortable feelings can drive us forward into action.

Finding ways of recognising these physical feelings in our bodies helps us to understand them. We can then connect our body and mind to find calm and feel comfortable.

Anxiety Disorders

- Generalised anxiety
- Separation anxiety
- Emotionally based school refusal
- Fears and Phobias
- Post traumatic stress disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Selective mutism

Thought of a threat or something which may go wrong in the future.

Anxiety causes fright and uncertainty.

Lasts a short time or can be prolonged.

Can affect our ability to eat, sleep, concentrate, travel, leave the house, go to school and work.

Can interfere with our enjoyment and take over our lives.

Triggers!!

What worries, scares and frightens us?



Triggers - what worries, scares or frightens us?



- ▶ Following an adverse event - accident
- ▶ Significant life events - bereavement/illness/separation/blended families/domestic abuse/bullying/exams
- ▶ Dogs, spiders, snakes, flying, wasps, buttons
- ▶ Genetic predisposition - how we are made up
- ▶ Uncertainty and unpredictability causes feeling of loss of control - A fear of having to do something new or out of our comfort zone.
- ▶ What worries, scares and frightens us?

Fight, Flight and Freeze

- ▶ When our ancestors went out hunting for food they sometimes came across danger.
- ▶ The danger would trigger an internal worry alarm system in the brain called the Fight or Flight response which is a defence mechanism wired into our brains to get us out of danger and stay safe.



Fight, Flight and Freeze

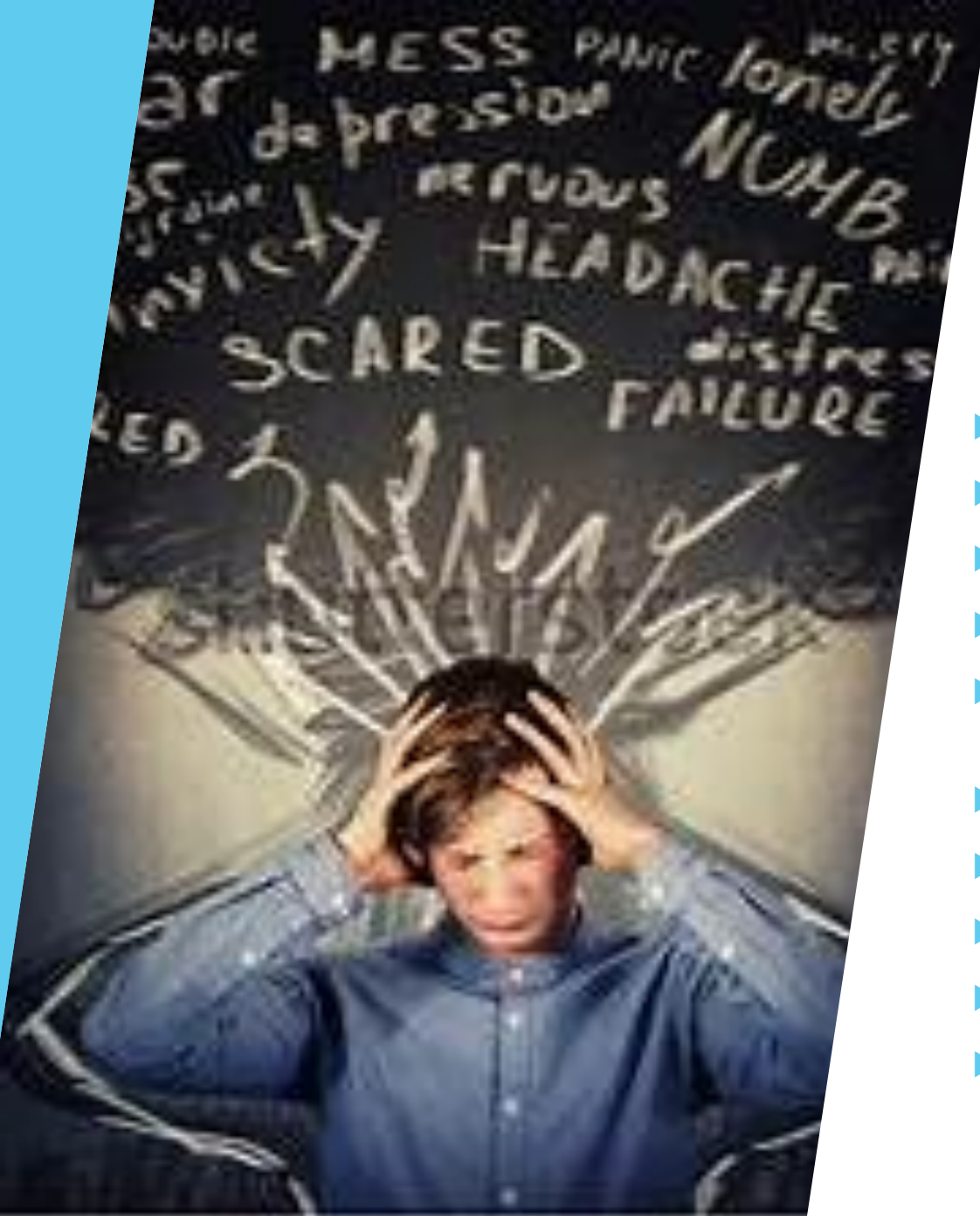
- ▶ Anxiety can be a defence mechanism. However...
- ▶ When it stops your child from enjoying normal life, when it affects their school, work, family relationships, friendships and social activities.....
- ▶ This is when anxiety has taken over and your child has lost control.



Fight, Flight and Freeze

► https://www.youtube.com/watch?v=jEHwB1PG_-Q&t=37s





Psychological affects

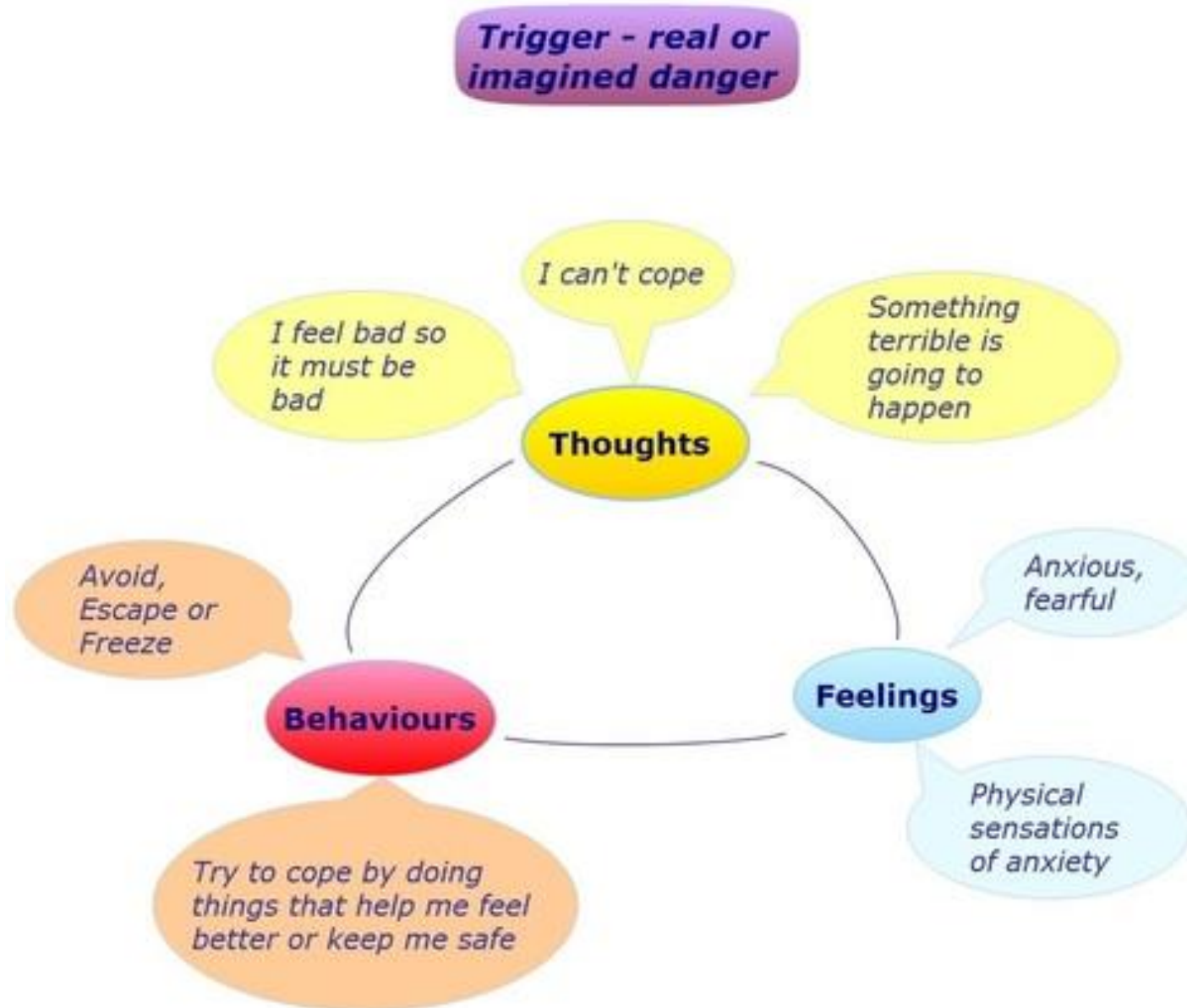
- ▶ Insomnia/ nightmares
- ▶ Irritable
- ▶ Difficulty concentrating
- ▶ Loss of self confidence
- ▶ Depression, Anxiety and Anger can be link
- ▶ Feeling fearful and panicky
- ▶ "Frozen" thought processes
- ▶ Nagging sense of fear
- ▶ Tearful
- ▶ Feeling tired



Physical signs of anxiety

- ▶ Fast / irregular heart-beat
- ▶ Increased breathing rate / hyperventilation / shallow breathing
- ▶ Dry mouth or throat
- ▶ Weak/ tense /tingling or aching of muscles
- ▶ Feeling lightheaded /headaches/dizziness
- ▶ Stomach aches or bowel problems
- ▶ Sweating - hot and cold
- ▶ "Frozen" to the spot /Tense muscles

Vicious Cycle of Anxiety



How to support our young people

- **ACKNOWLEDGE** and **VALIDATE** the young person who is feeling anxious ('I' statements- I can see... I understand...)
- **CONTAIN** and challenge anxiety
- **DISTRACT** yourself by doing something you enjoy
- **WORRY TIME** - allocate 15 minutes worry time a day to help contain the worries
- **THOUGHT DIARY** - write down worries and fears and contain to a book you can just shut and close off your worries and fears
- **TALK** to someone - a problem shared is a problem halved

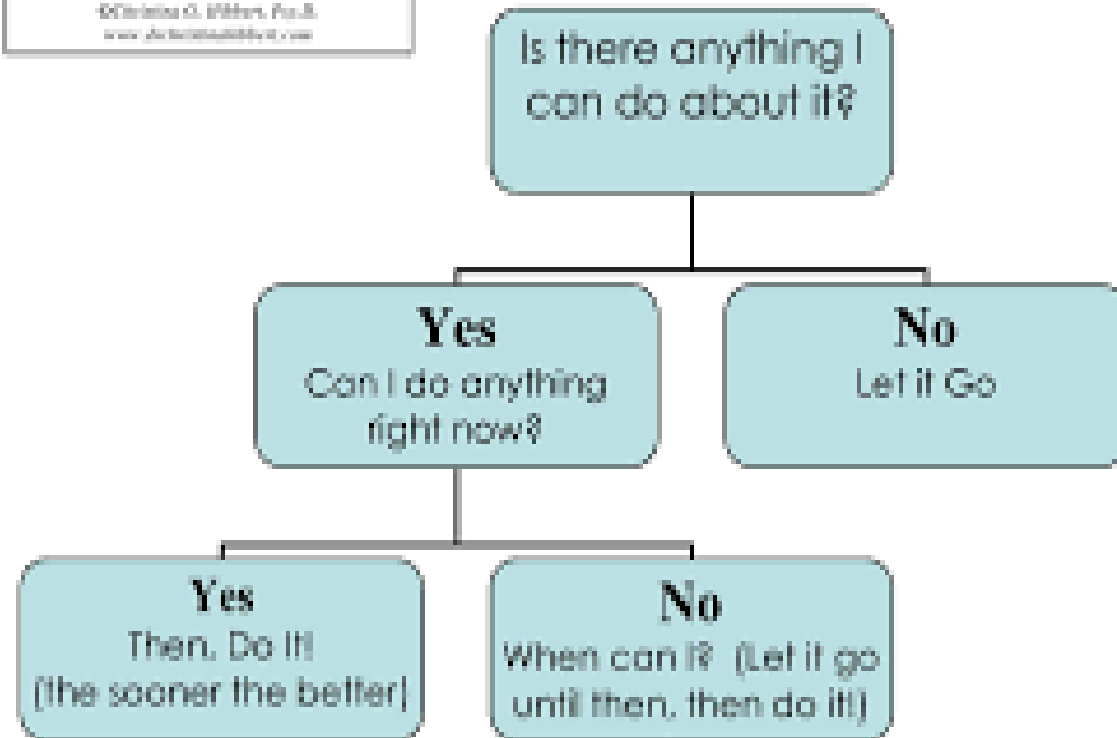


Visualisation

Look after yourself!

- EXERCISE releases endorphins - the feel good hormones
- HEALTHY DIET having a health balanced diet, drinking plenty of water
- SLEEPING making sure you get 8 hours a night can make a difference on your mood and how you feel
- PLANNING AHEAD & BEING ORGANISED
- PAMPER YOURSELF do what you enjoy and reward yourself

Problem Solving Worries



Summary

- Regain control of anxiety not anxiety controlling you
- Keep in proportion
- Feel the fear and face it anyway
- Use coping strategies they **WILL** work, just keep practicing
- Use Distractions & enjoy life don't worry it away!
- Knowing where to go and get help if you need it

Resources

<https://www.mindworks-surrey.org/>

There is information for children, young people, families and carers about services, advice and resources, including how to ask for help in a crisis via the 24/7 Crisis Line.



Useful Websites

Youngminds - <http://www.youngminds.org.uk>

Child line - <https://childline.org.uk>

Anxiety UK - www.anxietyuk.org.uk

Mind - www.mind.org.uk

Headspace - www.headspace.com

Calm - www.calm.com

<https://www.potters-gate.surrey.sch.uk/Resources-02042020130537/>

<https://www.potters-gate.surrey.sch.uk/Resources/>

<https://www.standrews-infant.surrey.sch.uk/Resources/>

<https://www.standrews-infant.surrey.sch.uk/SEND/>