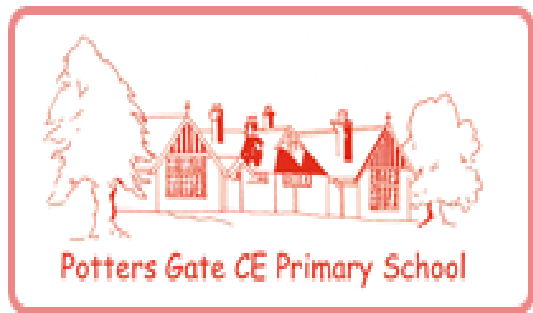


Anxiety Presentation for parents/carers of children

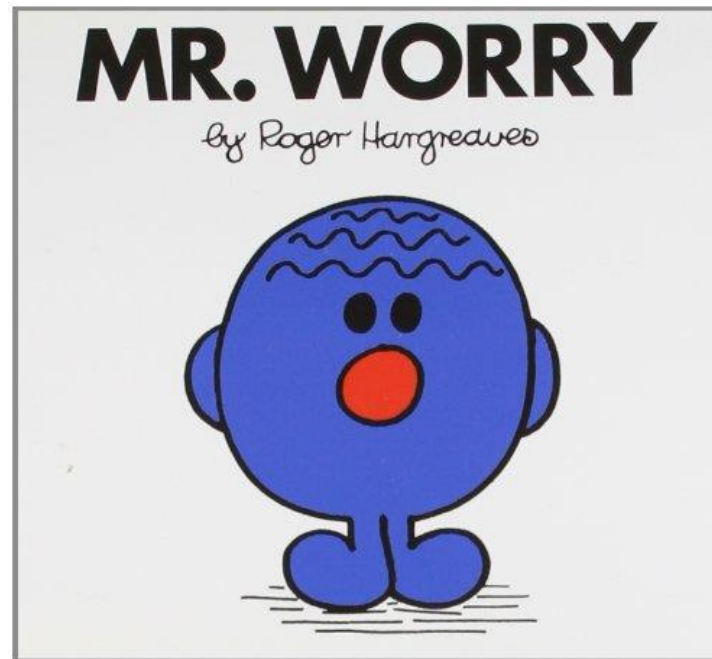


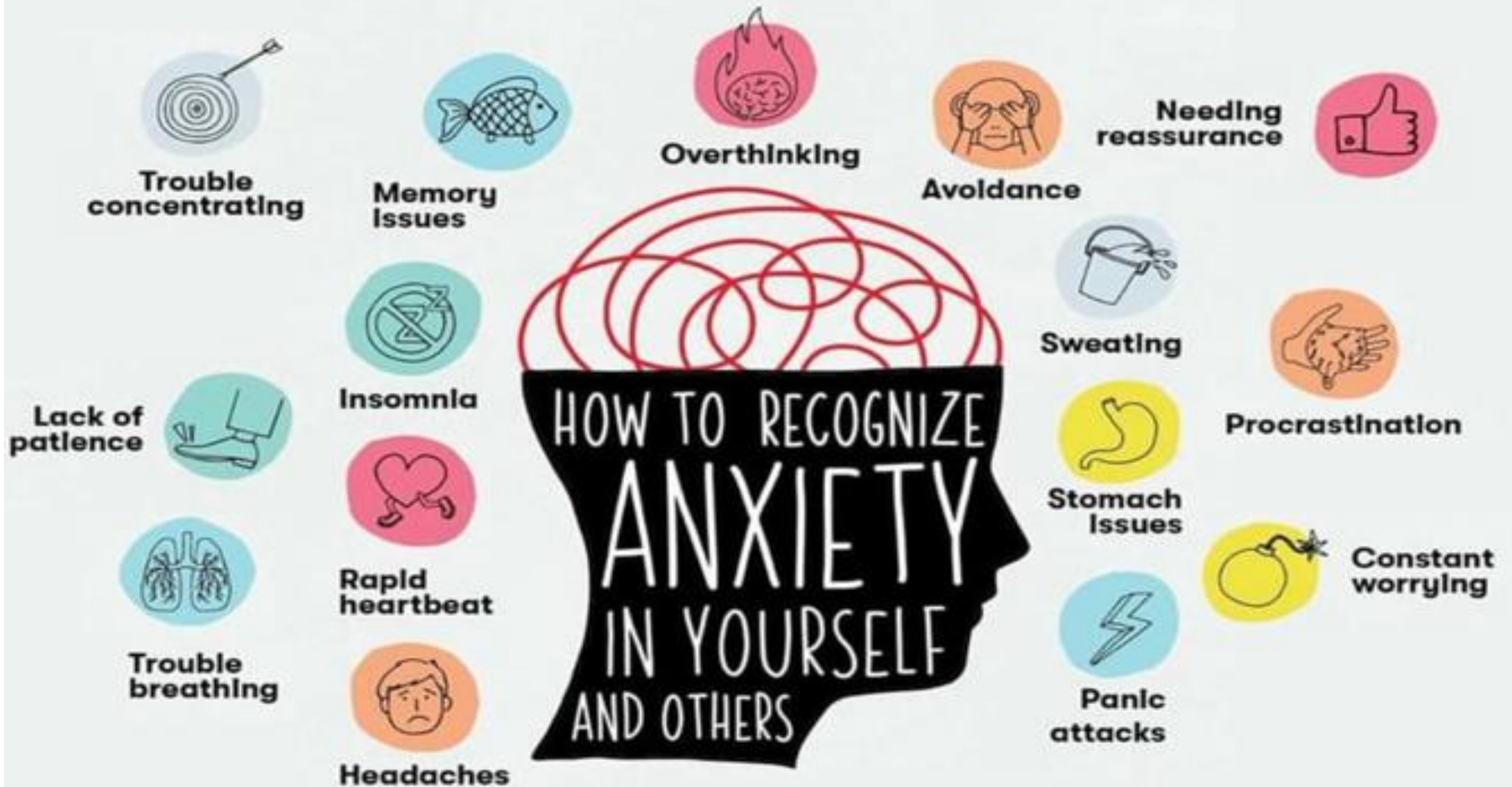
St. Andrew's CofE Infant School

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

Anxiety ...

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

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?

Why do some children develop anxiety?

➤ Behavioural factors

The child's anxious behaviours may have been developed by the child to cope with the feelings of anxiety associated with certain people, environments, or situations, such as attending school. For the younger child anxiety can become a mode of expression.

➤ Genetic influence

History of panic disorder/anxiety/depression in parents >>> anxiety disorders in children

➤ Temperament

Anxious infants who struggle to self soothe or self regulate may have a predisposition to later develop anxiety disorders

➤ Neurodiversity

Intolerance of uncertainty - misunderstanding others intentions
(Deliberate/accidental)

Executive function- the ability to manage some behaviours and traits,
Sensory sensitivity

Fight, Flight or 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 defense mechanism wired into our brains to get us out of danger and stay safe.



Fight, Flight or Freeze

Anxiety can be a defense 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



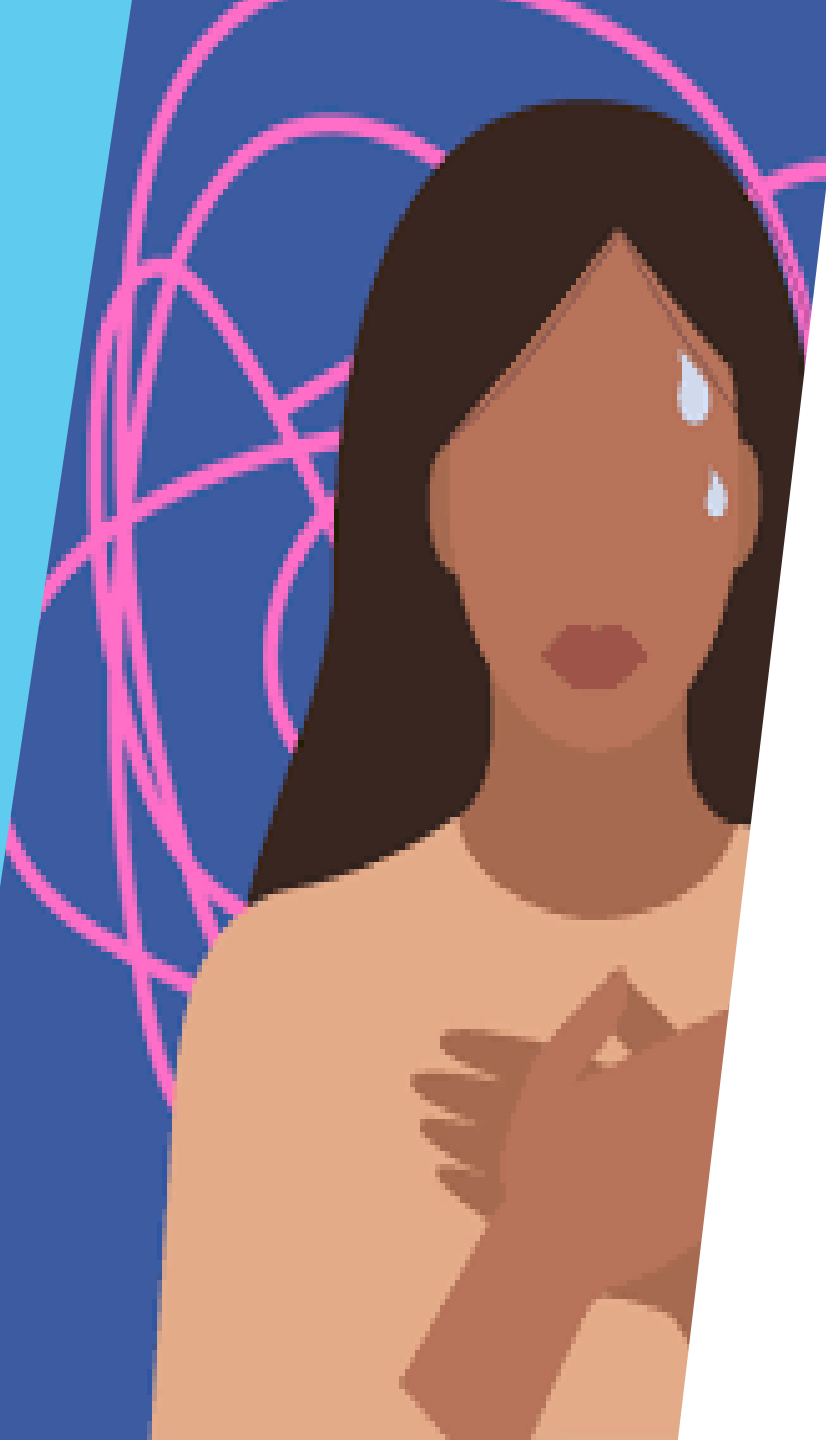


Psychological affects

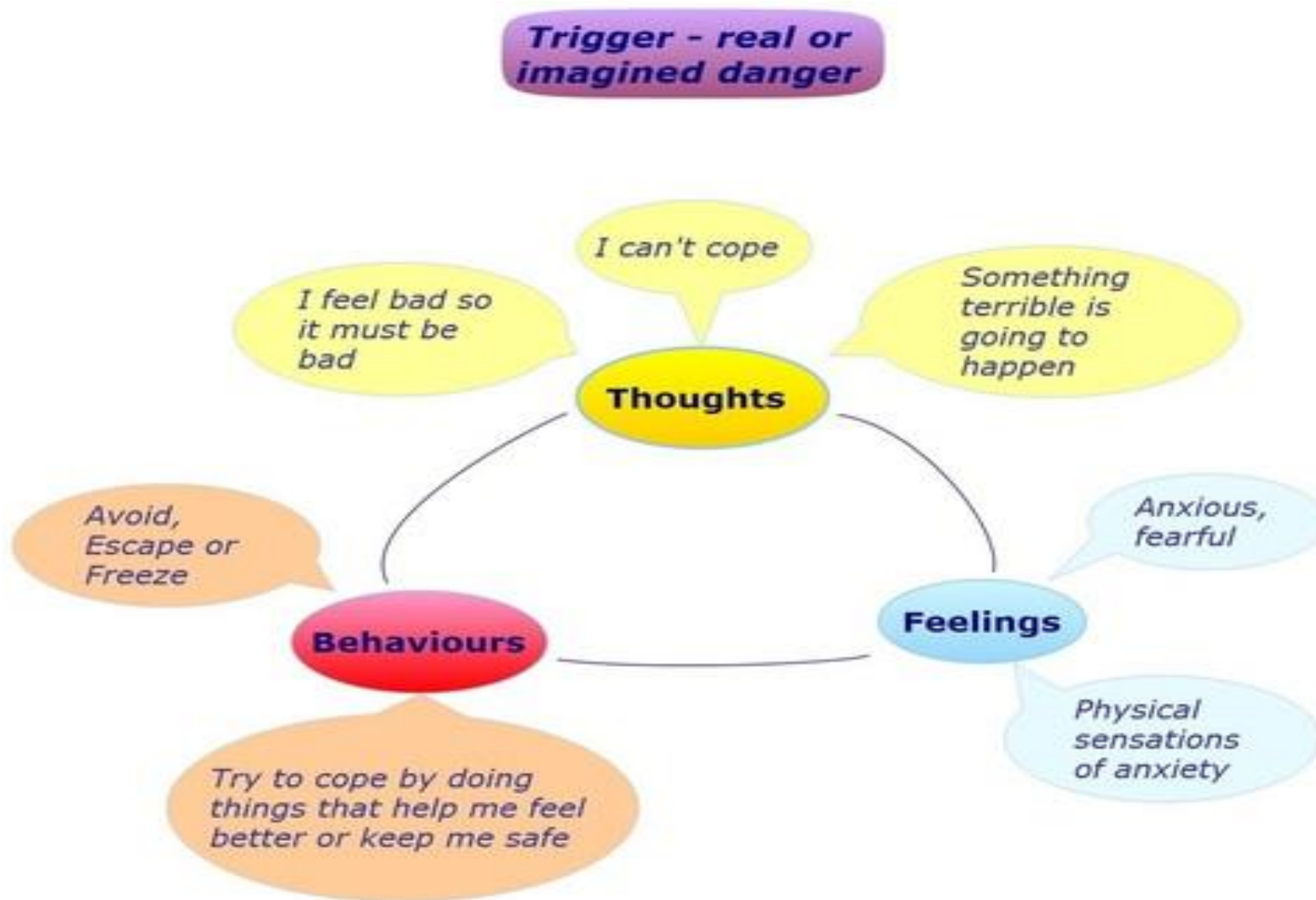
- ▶ Insomnia/ nightmares
- ▶ Irritable
- ▶ Difficulty concentrating
- ▶ Loss of self confidence
- ▶ Depression, Anxiety and Anger can be linked
- ▶ Feeling fearful and panicky
- ▶ "Frozen" thought processes
- ▶ Nagging sense of fear
- ▶ Tearful
- ▶ Feeling tired

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 a day with your child to help contain the worries (Worry Tree)
- 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

Problem Solving Worries





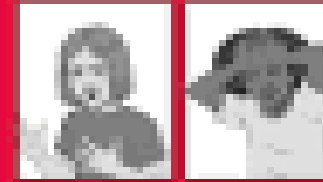
Visualisation

Breathing...



<https://www.youtube.com/embed/HQVZgpyVQ78>

The **ZONES** of Regulation™

 	 	 	 
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Extatic Devastated Out of Control

SEMH provision in school



Look after yourself!

- EXERCISE releases endorphins - the feel good hormones
- TALKING and CONNECTING with others releases oxytocin which lowers stress and anxiety
- 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 structure and routines
- PAMPER YOURSELF do what you enjoy and reward yourself

Summary

- Regain control of anxiety not anxiety controlling you
- Keep feelings 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/>