Anxiety Presentation for parents/carers of children



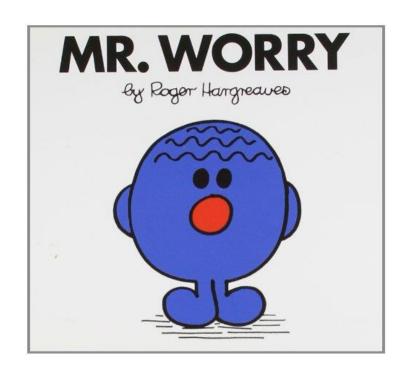


St. Andrew's CofE Infant School

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?





Trouble concentrating



Memory Issues



Overthinking



Needing reassurance



Avoldance



Insomnla



Sweating

Stomach



Procrastination





Rapid heartbeat

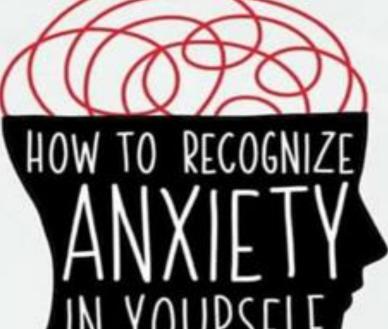
attacks



Panic







Issues

Constant worrylng

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.

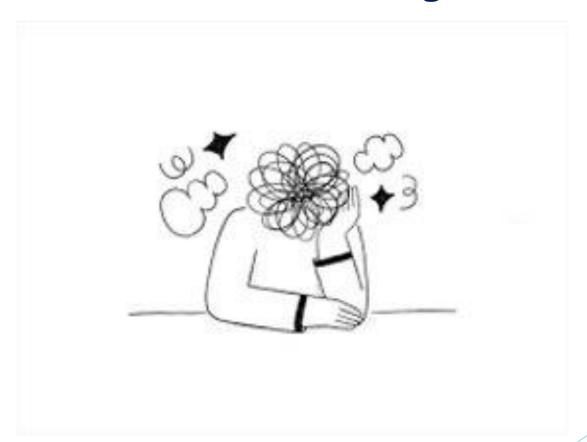
Lasts a short time or can be prolonged.

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/blende d 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=jEH wB1PG_-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

Trigger - real or imagined danger I can't cope Something I feel bad so terrible is it must be going to bad happen Thoughts Anxious, Avoid, fearful Escape or Freeze Feelings Behaviours Physical sensations of anxiety Try to cope by doing things that help me feel better or keep me safe

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





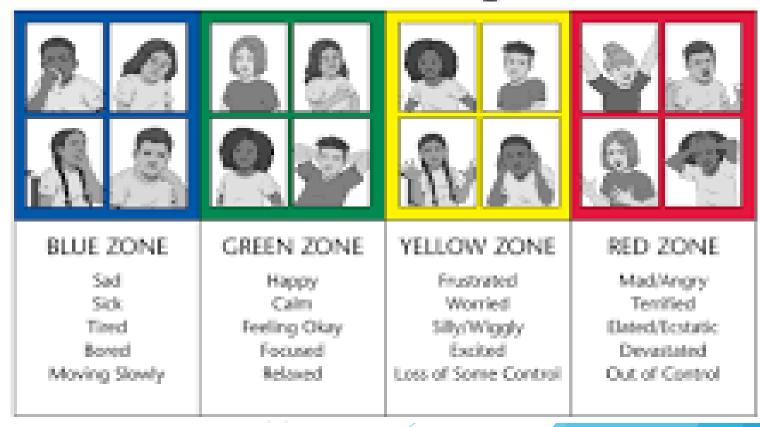
Visualisation

Breathing...



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

The **ZONES** of Regulation™



SEMH provision in school

Nurture Group

Play therapy

Referral to Mindworks

CBT counselling

Educational Psychologists

STIPS support

Speech and Language

Paediatricians/Consultants

School Nurse

Young Carers

Lunch Bunch

Drawing and Talking therapy

Social Stories and Socially speaking

LEGO Construction Club (therapeutic)

PG and St A Champions

Self Esteem Feeling Good Group

HSLW access

omic strip conversations

ELSA provision- bereavement, self-esteem, anger management, friendship skills, empathy

Nurturing breakfasts

Well-being Coucil

PHSE lessons

Whole School worship and values based reflection

Whole class Mindfulness

Feeling Good Week

SEND and Mental Health Awareness Days

Forest School

Aim High Assemblies

Inclusive Quality First Teaching

Good morning greeting and handshake with teacher

Emotional scale/ Zones of regulation

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.mindworkssurrey.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.

Minewerks Survey **What is Mindworks? Access and Advice Intensive Interventions** advice, signposting to existing for young people and families who would benefit from extensive or support or passing through to specialist or clinical support intensive treatment **Crisis Admission** Neurodevelopmental Services **Avoidance** a radically transformed service supports children and young people who present with high **Reaching Out Building Resilience** supports the most elp to access services in the local community, such as counselling mentoring or a wellbeing project **School-Based Needs** www.mindworks-surrey.org

Useful Websites

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

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

Anxiety UK - <u>www.anxietyuk.org.uk</u>

Mind - <u>www.mind.org.uk</u>

Headspace - www.headspace.com

Calm - www.calm.com

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

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

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

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