

Anxiety

Helping professionals, parents and carers to understand:

- What is anxiety?
- Why does it happen?
- How you can support a young person?



**“Anxiety is no one’s fault
and is a normal reaction”**

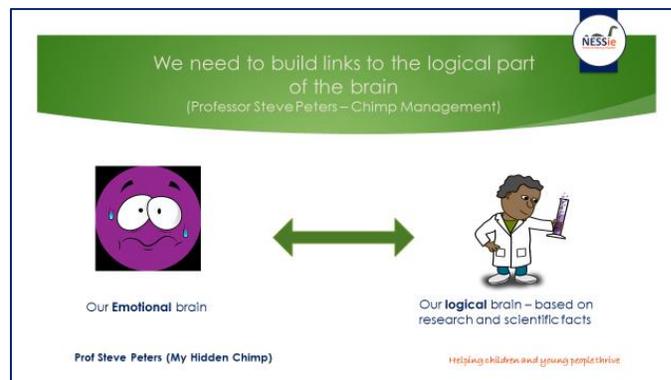


**Try to plot when this
happens and see
whether you can identify
any patterns**



What is anxiety?

- Anxiety is normal! Everyone feels anxious and worries at some point in their lives.
- Anxiety is triggered by the perception of danger. It protects us from dangerous situations and prepares us for ‘Fight, Flight or Freeze’.
- Anxiety becomes a problem when it stops people from being able to live their lives the way they want to.



Why children & young people might be anxious:

- Children who worry a lot often find it difficult to deal with the unknown or with new situations.
- Children might struggle with; separating from a parent/carer, going to school or making and playing with friends. Covid is an additional worry for many young people at the moment.
- They may have an excessive or unrealistic fear of a specific object or event or be anxious about becoming ill.
- A child who experienced trauma could develop anxiety at any stage.

How can you support?

The importance of Resilience



Challenge

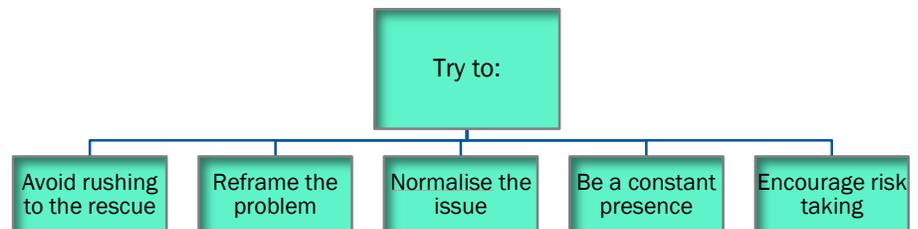
Resilience

- Resilience is not something we are born with.
- You can help build another person's resilience by setting and supporting challenge or change. Try small steps and track progress. Set a goal together.
- Having resilience is about falling down and being able to get back up again. Help children to understand and accept this as a part of their development.

Building resilience

- Resilience will develop within stable & supportive relationships; young children may feel less anxious if they are able to express & communicate their feelings in a safe & supportive environment.
- Support children to resolve their own problems.

With support, young children can be encouraged to face their fears and, if they do this a few times, they will feel less anxious. Young people may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment



Resources:

Cartwright-Hatton S, Laskey B, Rust S et al. From Timid to Tiger: A Treatment Manual for Parenting the Anxious Child. Chichester: Wiley-Blackwell, 2010.

Creswell C, Willetts L. Overcoming Your Child's Fears and Worries. London: Constable & Robinson, 2010.

Eisen AR, Engler LB. Helping Your Child Overcome Separation Anxiety or School Refusal. Oakland: New Harbinger Publications, 2006.

Freeston M, Meares K. Overcoming Worry. London: Constable & Robinson, 2008.

The Huge Bag of Worries – Virginia Ironside

Dr Dan Siegel – The Hand Brain Model

Professor Steve Peters 'The Chimp Paradox'/'The Hidden Chimp'

www.minded.org.uk

www.healthyyoungmindsinherts.com

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

<https://kooth.com/>

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Helping children and young people thrive

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