

Anxiety



Helping professionals, parents and carers
to understand:

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

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, Freeze or Flop'.
- Anxiety becomes a problem when it stops people from being able to live their lives the way they want to.

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

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.
- They may have an excessive or unrealistic fear of a specific object or event or be anxious about becoming ill.
- They may be worried about world events including current environmental factors
- A child who experienced trauma could develop anxiety at any stage.

How can you support?

The importance of 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

Try to:

Avoid rushing
to the rescue

Normalise
the issue

Be a constant
presence

Encourage
taking risk

Reframe the
problem

“With support, young children can be encouraged to face their fears and, if they do this a few times, they will feel less anxious”

Useful Websites & Resources:

- <https://chimpmanagement.com/what-we-do/educational-support>
- www.minded.org.uk
- <http://www.youngminds.org.uk/>
- <https://sandbox.mindler.co.uk/>
- <https://www.annafreud.org/>
- <https://nessieined.com/wp-content/uploads/2022/09/EBSA-toolkit-booklet-Edited-ET.pdf>

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'

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