



# Anxiety Information for Parents/Carers



Mental Health Support  
in Schools Team





# What Is Anxiety?

Anxiety is normal.

Everyone feels anxiety some of the time. A small amount of anxiety is a good thing as it can help us prepare our bodies for danger. It helps us get things done (like study for a big exam) and it helps our memory and focus.

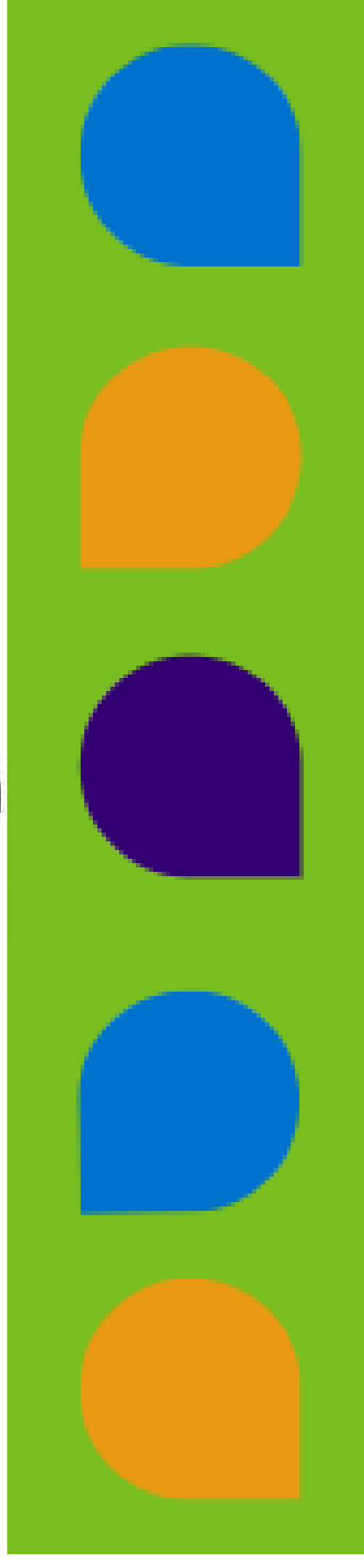
Too much anxiety means you can't think properly and can make you worry about things that aren't real.

# What is Anxiety?

- Genetic
- Adverse childhood experience
- Learning from example
- Learning from other's reactions

How can anxiety affect children's lives?

- Family life
- Social life
- School life and education
- mood



# Different types of Anxiety in children

- Generalised Anxiety
- Separation Anxiety
  - Social Anxiety
  - OCD
- Specific Phobia

# What maintains anxiety in children?

- Avoidance seeking
  - Safety seeking
- Reassurance seeking



Situation: needing to ask a question in class but afraid to put her hand up

Does not put her hand up when she has a question and doesn't get the help she needs

avoidance

Worried people will think she is stupid  
Anxious

Shakey  
Nauseous

SITUATION:  
Need to get  
something  
from upstairs

The  
monster  
will get me

safety seeking

Wait until brother  
is going upstairs  
every time  
before starting to  
walk upstairs

Shakey  
Butterflies

**Situation:** Suddenly got worried that mum's keys went missing

The keys are missing and we will not be able to go into the house later. We will be stuck outside of the house

reassurance seeking

Repeatedly check mum's pocket to see whether the keys are still there; want to hold the keys for mum

**Sweaty  
Hot**

# What can we do?

- Normalising
- Validating
- Helpful reassurance/  
Unhelpful reassurance

It is really difficult when you friends say bad things to you....

I can see that that this is difficult for you....

You've done it before you can do it again...

Don't worry it will all be fine....



What can  
we do?





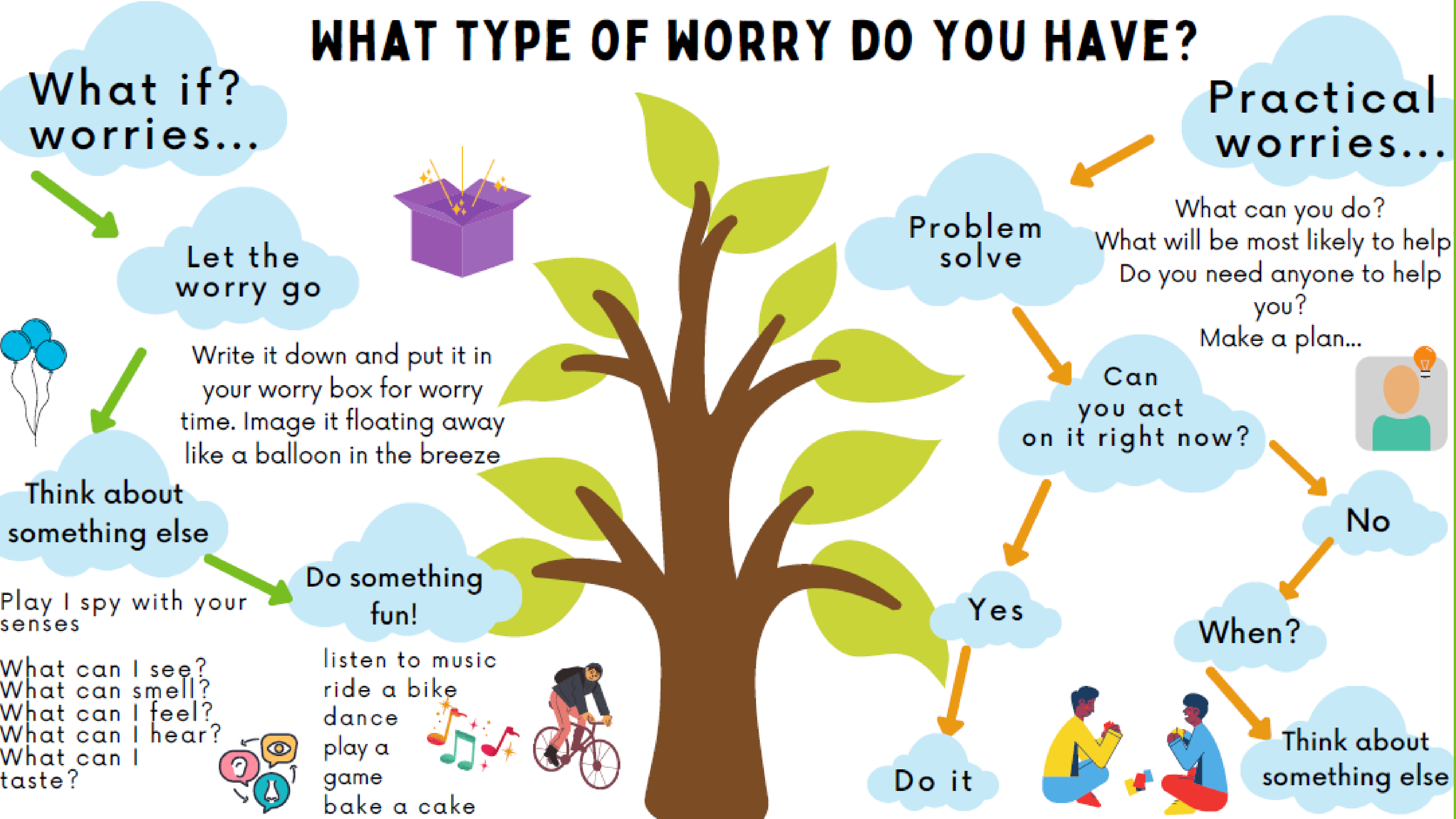
# What can we do?

## Worry Time

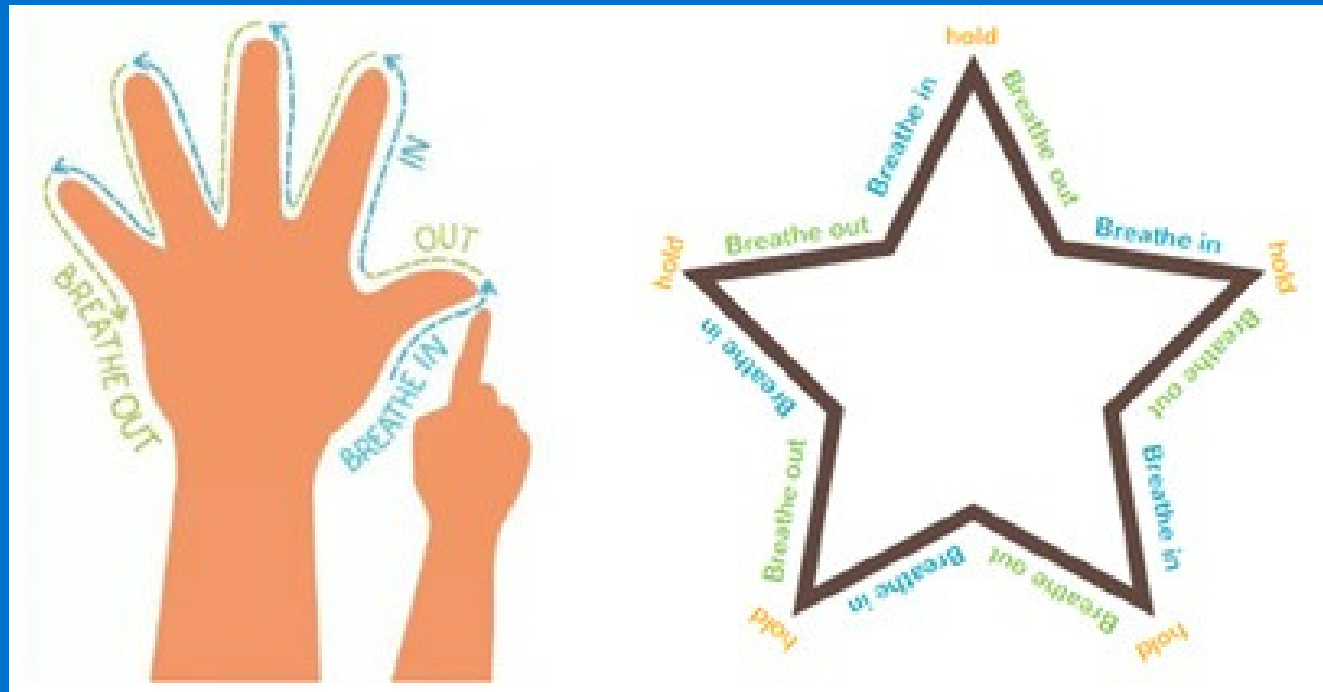
- A set time everyday (not before bed time)
- A limited time every day i.e 10-15 minutes a day
- Write down/talk about worries



# WHAT TYPE OF WORRY DO YOU HAVE?



# Everyday Tools – Relaxation & Breathing & Grounding



## Hot Chocolate Breath

1. Hold your hands out in front of you and pretend you are holding a mug of yummy hot chocolate
2. Take a long, slow breath in through your nose. Imagine you are smelling the hot chocolate.
3. Slowly breathe out through your mouth & pretend you are cooling down the hot chocolate.

## Grounding Techniques

### Nature

Look around you. What can you see, what can you smell, what colours are there in the trees/plants?

### Shapes

What shapes are around you? How many squares are there? How many circles or triangles?

### Colours

What colours are around you? How many reds are there? How many blues/greens/yellows?

### A-Z

Can you name one animal beginning with each letter of the alphabet? How about a type of food? A country? A film or a fun activity you like?

### Breathing

Try Box Breathing (In for 4, hold for 4, out for 4, hold for 4), or 2, 4, 6 or Balloon Breath

### 5, 4, 3, 2, 1

5 – things you can see  
4 – things you can feel  
3 – things you can hear  
2 – things you can smell  
1 – thing you can taste

Mental Health Support Team  
IN SCHOOLS

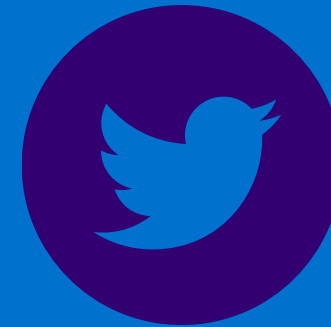


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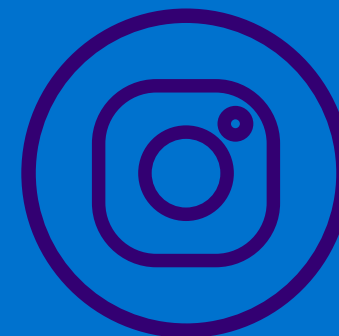
FACEBOOK

@dorsetmhst



TWITTER

dhc.mhstdorset@nhs.net



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