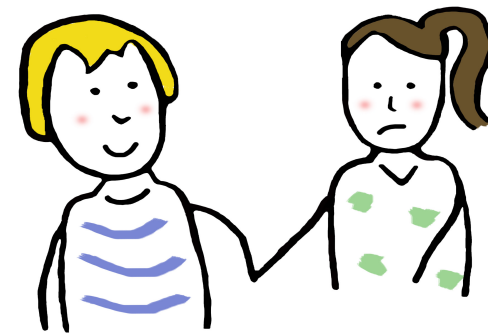


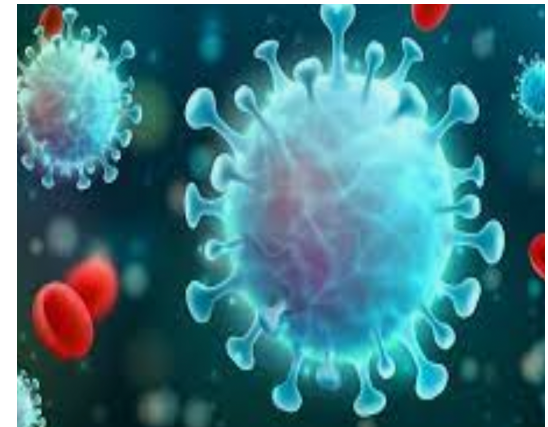
Helping Children Manage Anxiety

Zoe Brook



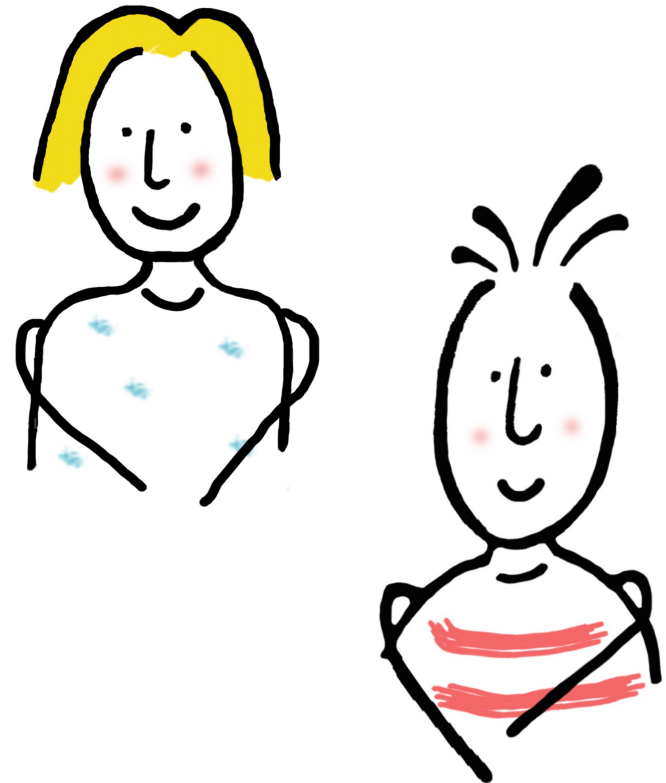
Impact of pandemic on young children

- Isolation
- Increased emotional wellbeing and mental health challenges
- Pressure on family relationships
- Reduced access to education & activities



Impact of pandemic contd...

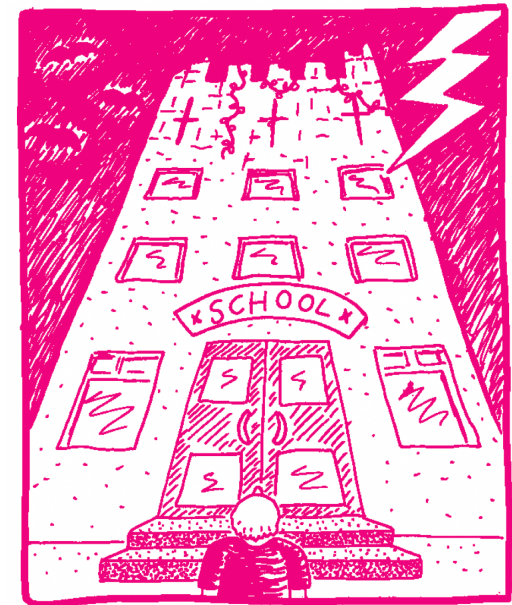
- Risks to physical wellbeing
 - Missed milestones in life
 - Difficult COVID experiences
 - and many more plus.....
-
- Resilience
 - Strong family bonds
 - Flexible thinking



Different Types of Anxiety

- Separation anxiety
- Social anxiety
- Generalised anxiety disorder
- Panic attacks
- Specific phobias
- Perfectionism
- Obsessive compulsive disorder
- School anxiety!

Low self-esteem



Some of the warning signs

Emotion: worried, nervous, scared, angry, irritated, sad, confused

Physical: upset tummy, racing heart, headaches, hot/sweaty, shaky

Behaviour: Avoidance, escape, teary, clingy, restless, fidgety, withdrawn, acting out, changes in sleep, eating, increased toilet trips



What is anxiety?

A normal & helpful emotion..

Thoughts: What we tell ourselves

Feelings: Emotions and physical

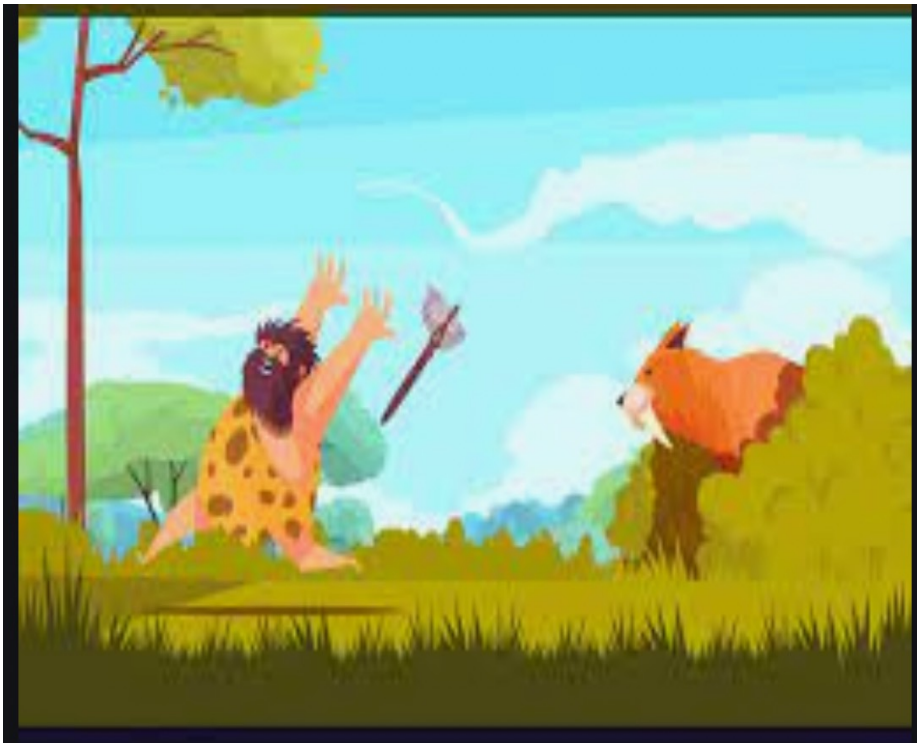
Behaviour: How we act

Thoughts



Danger!!!

Thoughts



Thought *"I'm going to die!!!"*

Feeling: Terror / Heart racing

Action: Run (escape)

Danger!!!



Thoughts

- **Thought**
 - *"I can smell smoke"*
 - *"The house might be on fire"*
- **Feeling**
 - Fear
 - Racing heart
- **Action**
 - Run out of the house (escape)

Danger!!! false alarm

Thoughts

Thoughts

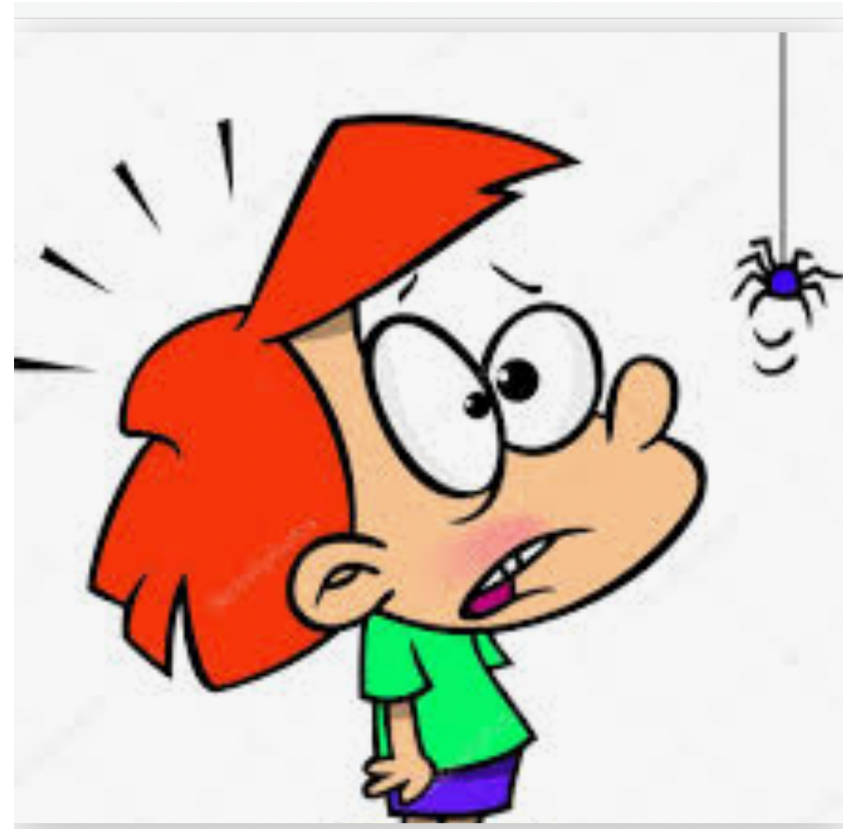
"There's a spider. Its going to land on my nose. I'm going to die!"

Feelings

Racing heart, sweaty, trembling

Action

Freeze



Danger!!!!.... false alarm!

Thoughts

Thought

"I'm the last in the classroom"
"Everyone will think I'm stupid and laugh"

Feeling

Worry / heart racing, upset tummy

Action

Not go in (avoid)



Thoughts

Have a look at this picture.

Can you have a guess at how the boy is feeling?

Now, what do you think the boy might be thinking?



Thoughts

Now have a look at this picture.

There are two thought bubbles. In one thought bubble write down a thought that would make the girl feel happy.

In the other write a thought that may make the girl feel worried.



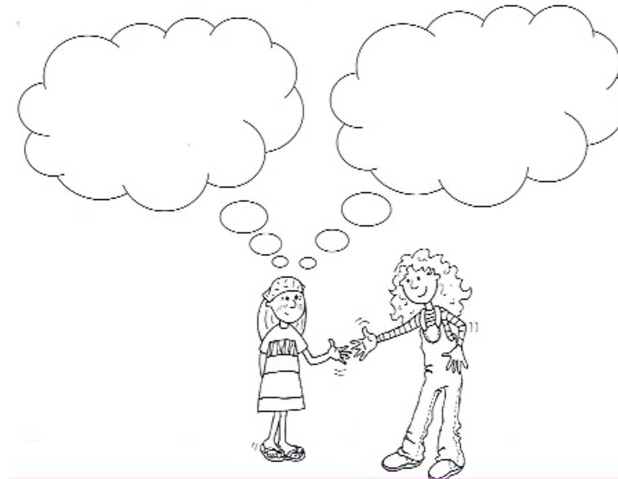
Thoughts

Now imagine that it is you who is in the next two situations.

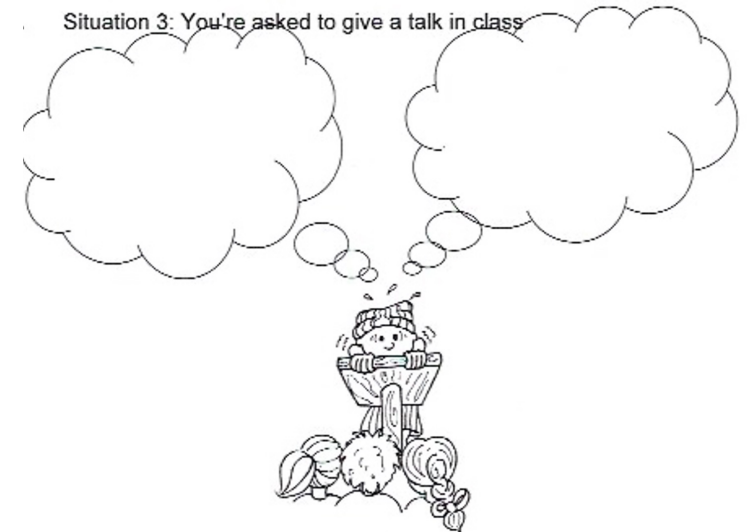
Write down what you would think in one of the thought bubbles.

In the other write down a thought someone else might have that would make them feel different.

Situation 4: Meeting Another Kid



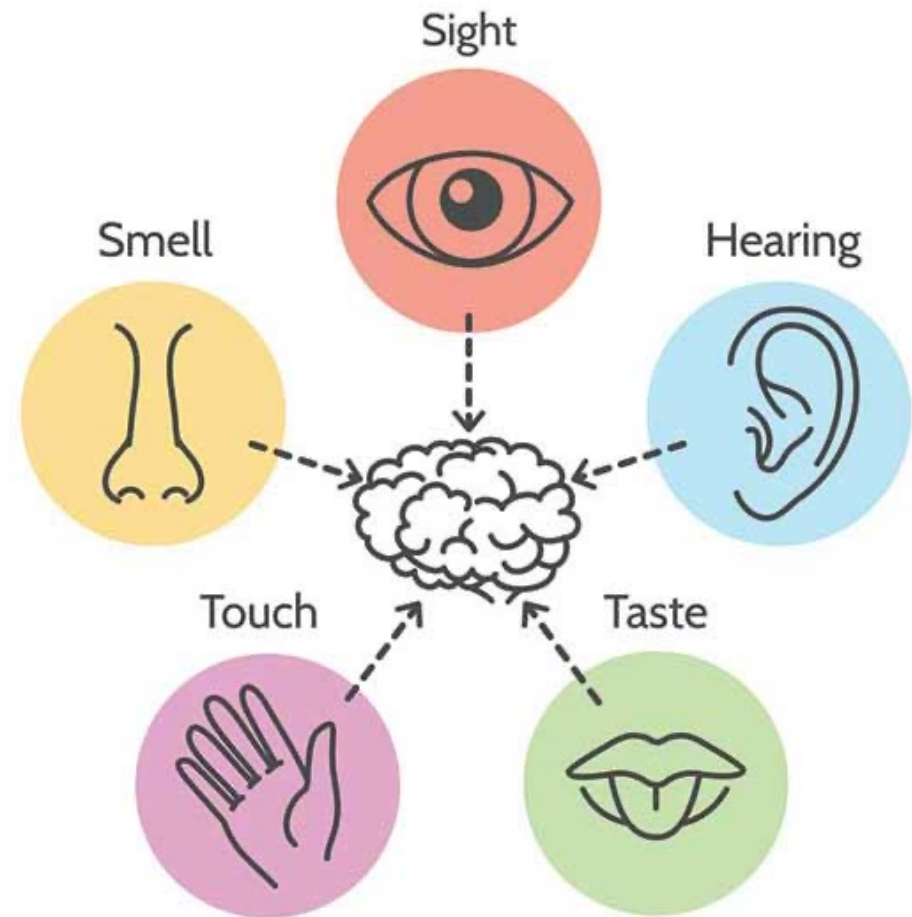
Situation 3: You're asked to give a talk in class



Thoughts

Attention shifting

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste/one deep breath



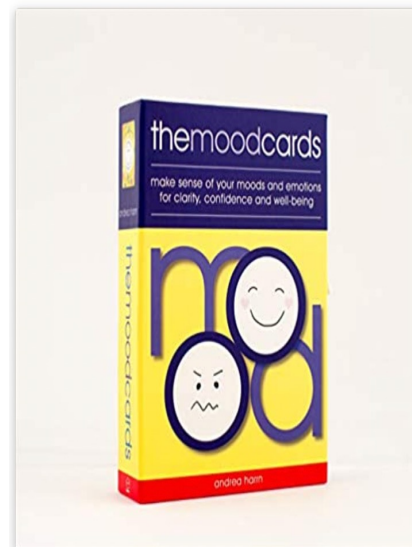
Naming Emotions

Can help reduce the negative impact

Helps with flexible thinking

An opportunity to share

Can be turned into a game



The Mood Cards: Make sense of your moods and emotions for clarity, confidence and well-being

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by [Andrea Harrn](#) (Author), [Stacey Siddons](#) (Illustrator)

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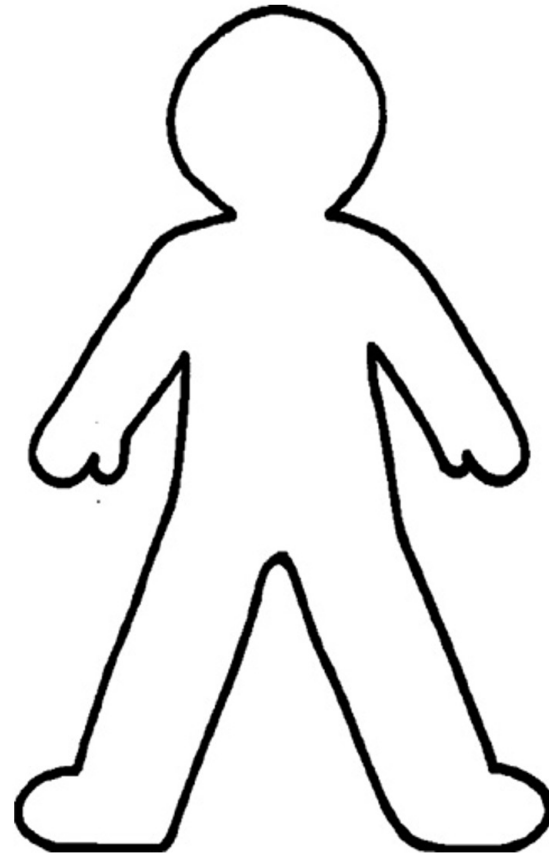
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Physical

Where do
you feel
anxiety in
your body?



Breathing Techniques

Physical

FIVE FINGER BREATHING



[Stop, Breathe & Think Kids App]

SQUARE BREATHING



Child Mind Institute
www.childmind.org

For parents & children

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FAMILY RESOURCE CENTER

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**Bathroom &
Bedwetting Issues**



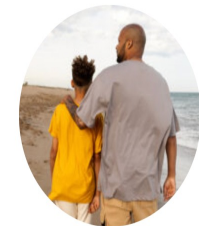
Behavior Problems



**Confidence & Self-
Esteem**



**COVID & Kids' Mental
Health**



**Depression & Mood
Disorders**