

Aims and Objectives of the Session

- Define anxiety
- Recognise signs and symptoms of anxiety
- Have an increased awareness of the cycle of anxiety; applying a cognitive behavioural model
- Consider strategies that can help
- Know where to go and get help if needed



Anxiety is **NORMAL**

Emotions help us make sense of the world.

Anxiety helps move us into action.

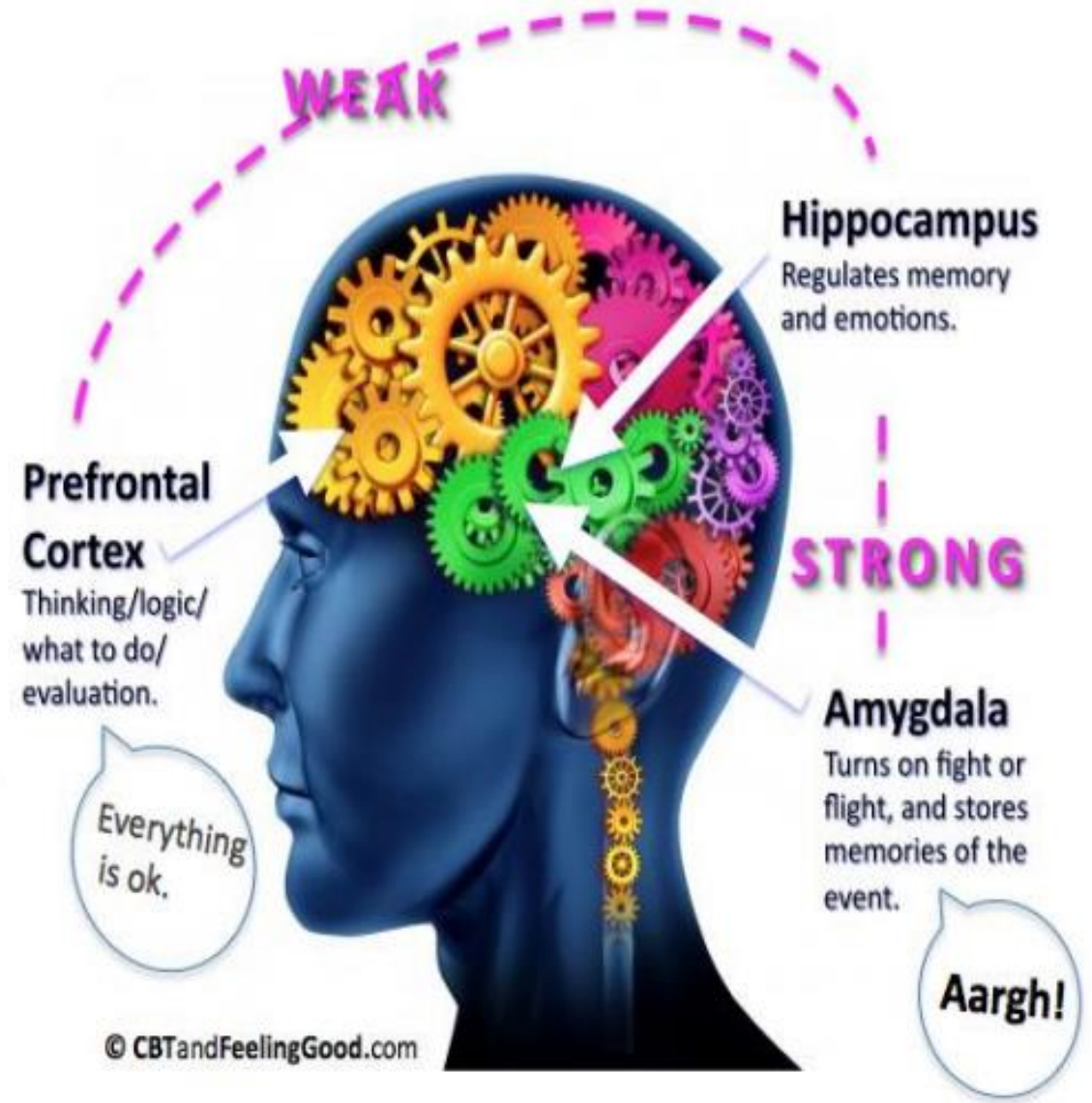
Anxiety can be helpful in enhancing
performance.

Developmentally normal anxieties:

0 – 6 months	Loud noises, loss of physical support, rapid position changes, rapidly approaching objects
7 – 12 months	Strangers, looming objects, unexpected objects or unfamiliar people
1 – 5 years	Strangers, storms, animals, dark, separation from parents, loud noises e.g. machinery, hand driers
6 – 12 years	Supernatural, bodily injury, disease, burglars, failure, criticism, punishment
12 – 18 years	Performance in school, peer scrutiny, appearance, illness, fear of natural disasters and traumatic events

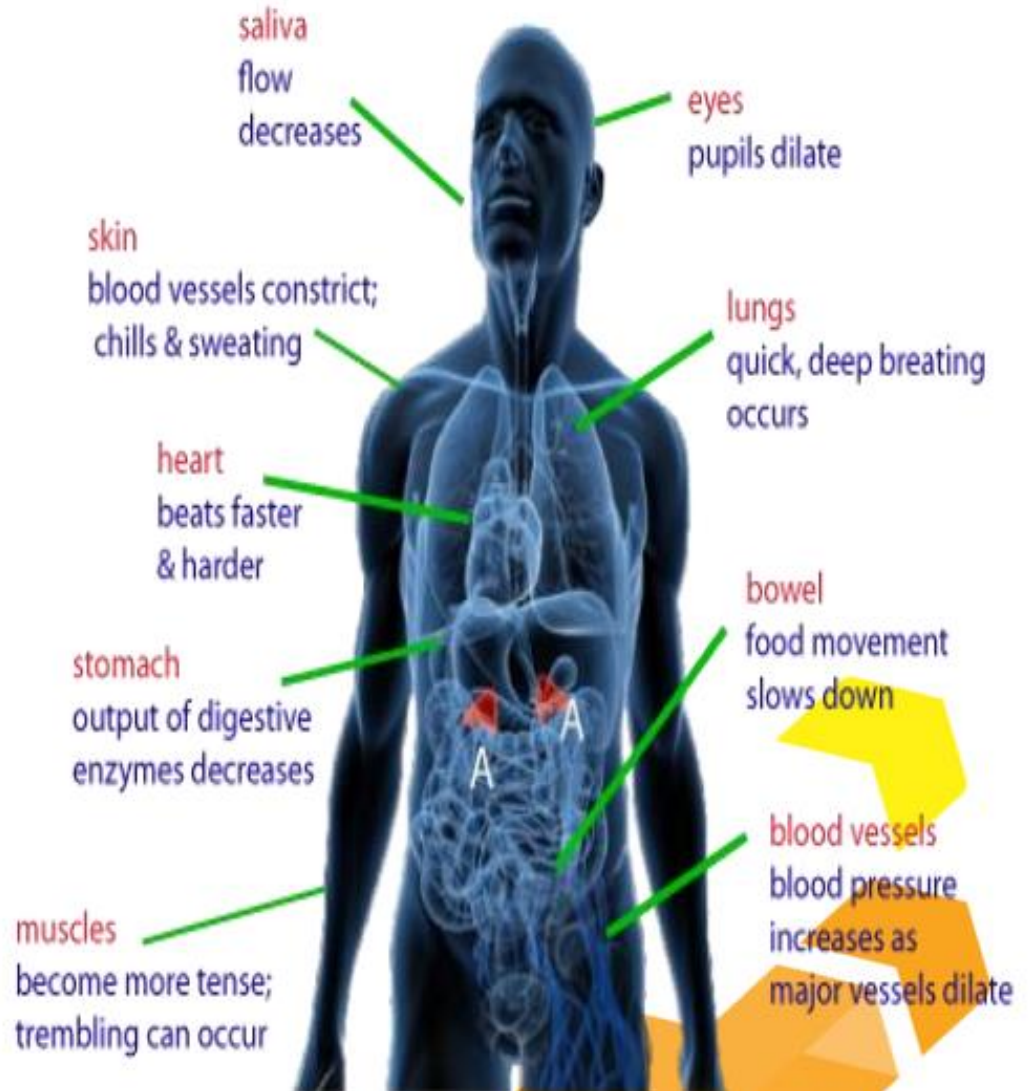
Your brain is made up of two main parts:

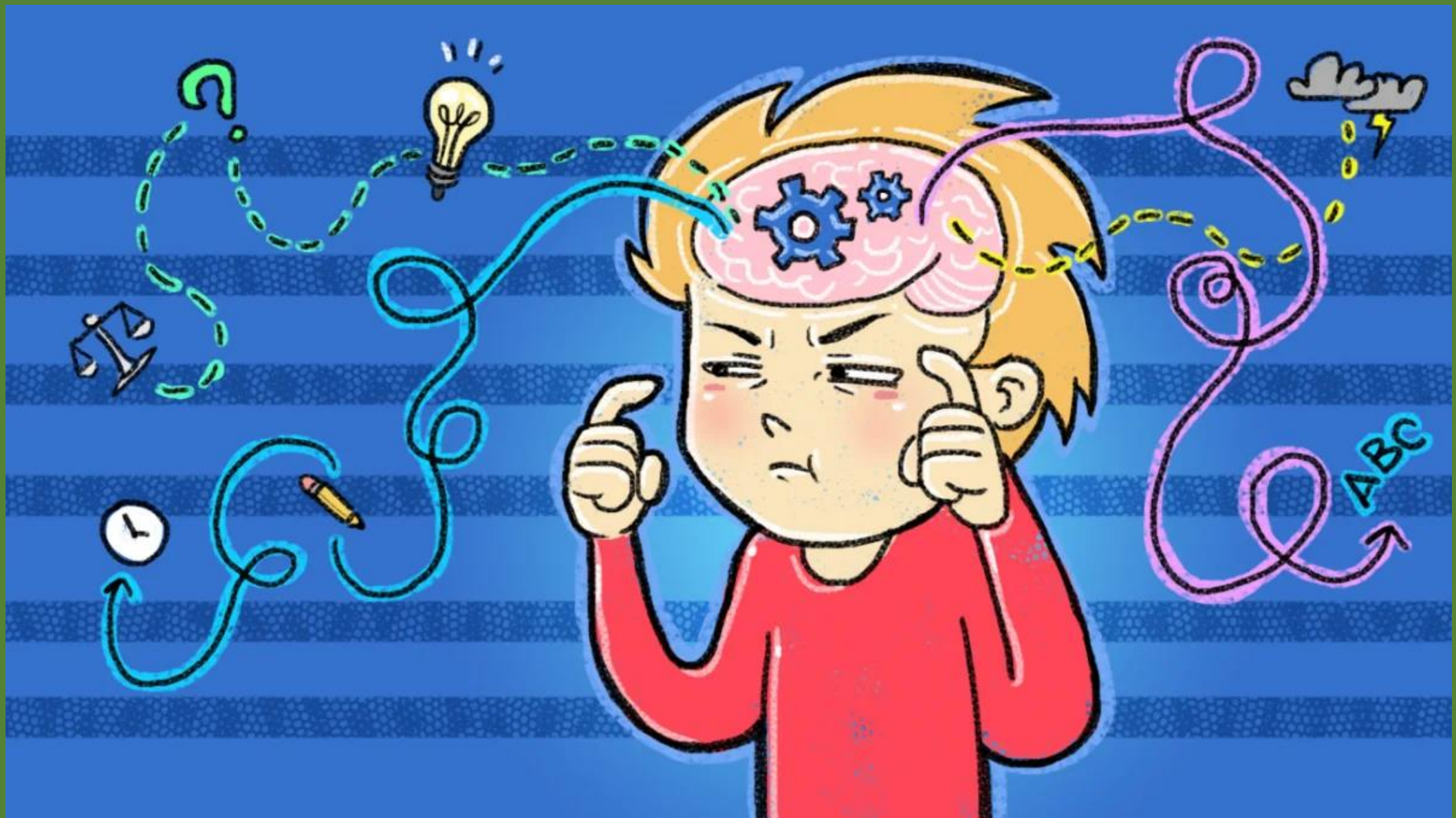
- Thinking brain (logical, rational, memory)
- Feeling brain (emotions)
- They normally work together to help you make sense of your world.
- When the worry alarm is triggered, the Emotional Brain hijacks the system and takes over making it very difficult to think straight.
- It makes you act instinctively without needing to think.



- At the same time your brain sends out a signal to release chemicals called 'neurochemicals' into the body to move it into action to help you survive.
- Your breathing gets faster and your heart speeds up, pumping blood away from the systems it does not need to use, such as your stomach and bladder and towards the muscles needed to defend you or help you escape.
- This can make you feel nauseated and needing the toilet, noticeable palpitations and legs to "tremble".
- Then once the danger is over and you are "safe", the alarm system switches off. This can take up to 50 mins.

For a better life





OCD
(obsessive
compulsive
disorder)

Phobias

Health
anxiety

Different types of anxiety

GAD
(generalised
anxiety
disorder)

Separation
anxiety

Social
anxiety

Sometimes things can go a bit wrong.....

- The worry alarm system is there to protect us but sometimes we worry even when we are not in any immediate danger.
- Sometimes the alarm system is set off by thoughts about the future, ourselves or how we see the world around us.
- What starts off as a small worry can grow and grow until the brain becomes overwhelmed and switches on the worry alarm system which triggers the Fight or Flight response.

Avoidant
behaviour

Physical
symptoms,
e.g. tummy
aches.

Difficulty
regulating –
tantrums, mood
swings, extreme
upset.

Sense
of
panic

Over-
thinking

What does anxiety look like?

Unable
to focus
on
learning

Straight to
worst case
scenario

Loss of
appetite

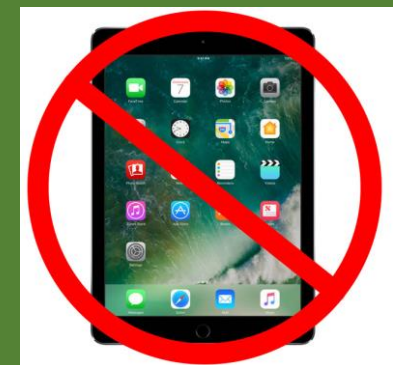
Ritualistic or
repeated
behaviours

Difficulties
sleeping

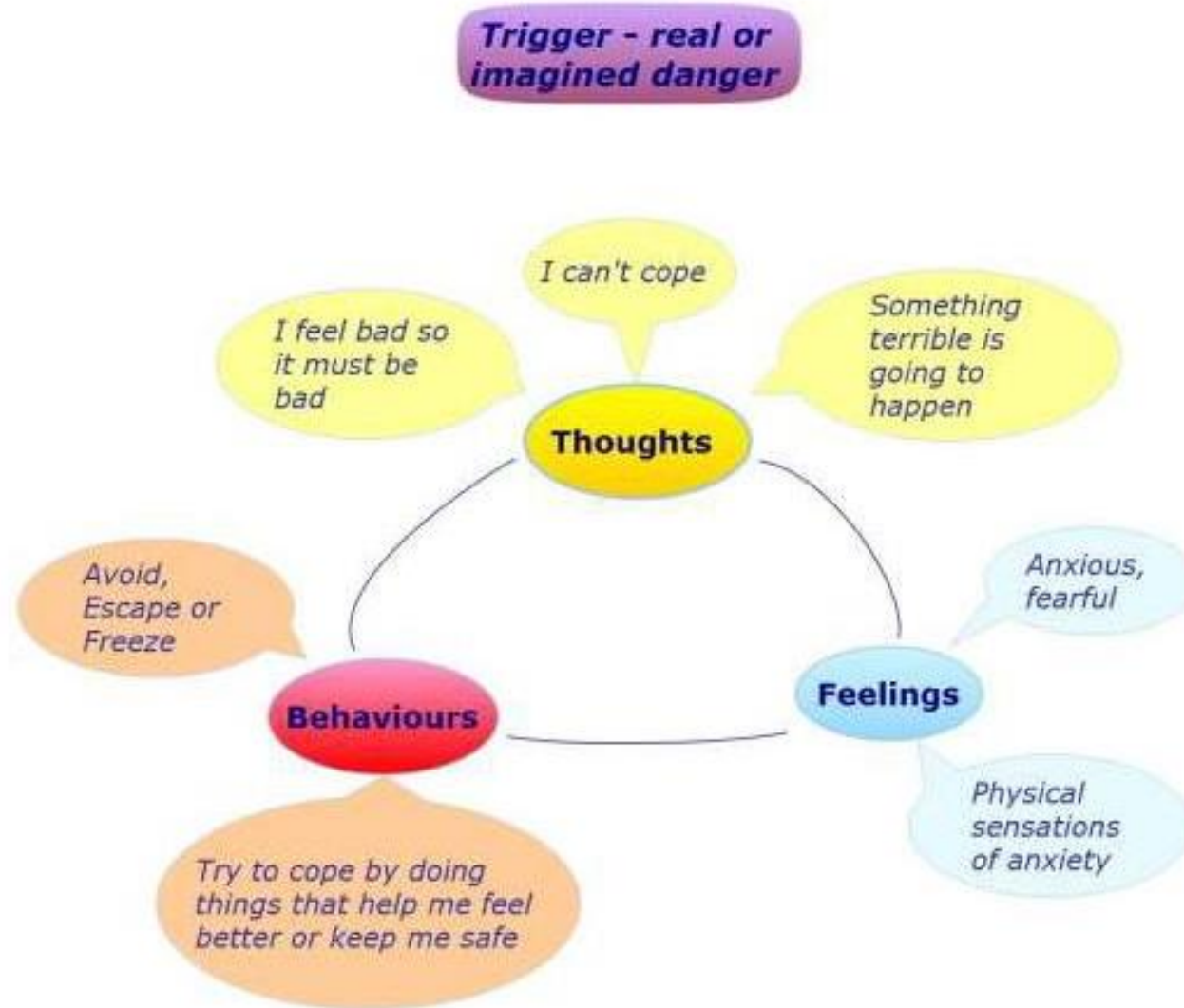


Building the foundations of resilience and good mental health

- Healthy diet
- Exercise and fresh air
- Chill out/down time
- Bedtime routines
- Opportunities for social interaction
- Engaging in enjoyable pastimes
- Reduced tech
- Allow children to be children
- Modelling



CBT model for Anxiety



Strategies to challenge the negative thoughts



Thought Changers:

- Is this really true?
- Am I exaggerating?
- Is this thought helping me?
- Am I making things out to be worse than they really are?
- What other explanations could there be?



Worry Monster –
go away, Silly!

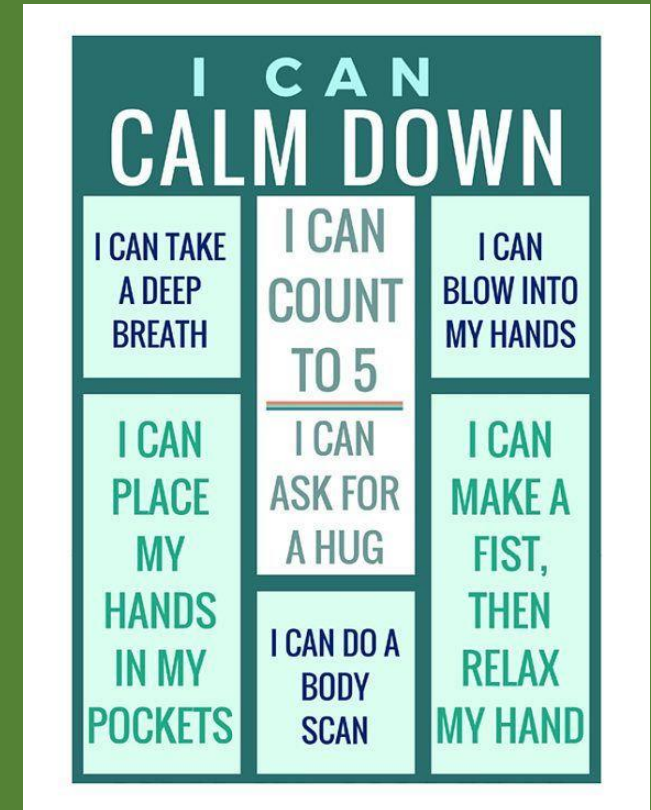
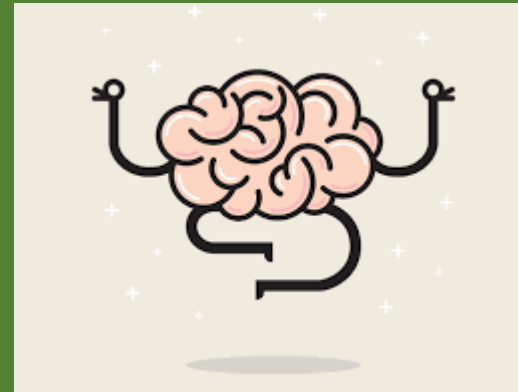
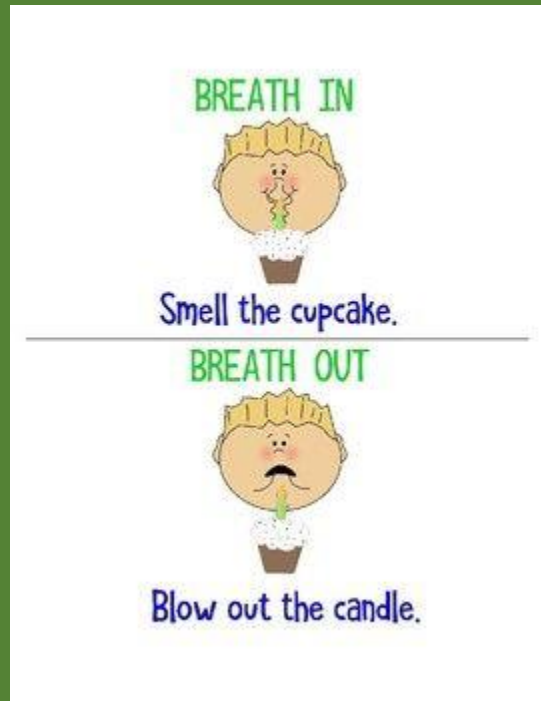
My worry won't last forever –
it will pass.

I can handle this.

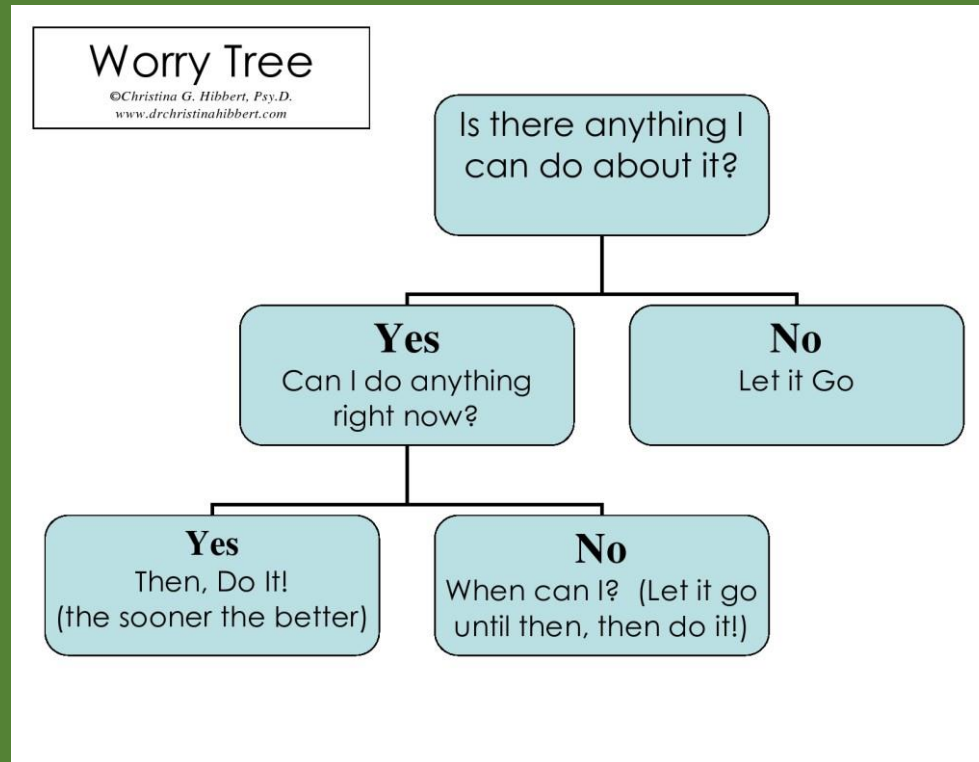
I am not in danger – I am safe.

I have the power to control my
thoughts – they are not the
boss of me!

Strategies to tackle the physical feelings



Strategies to change the unhelpful behaviours



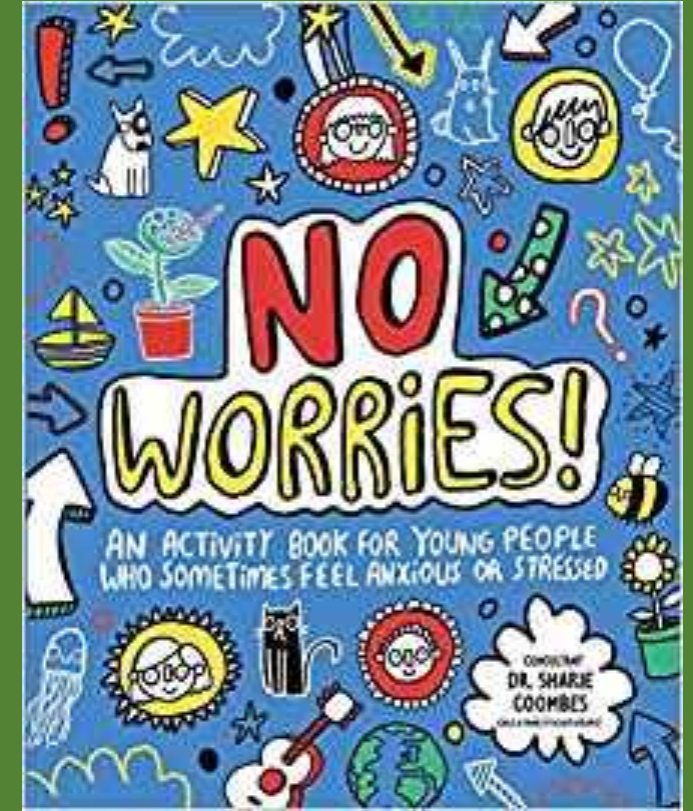
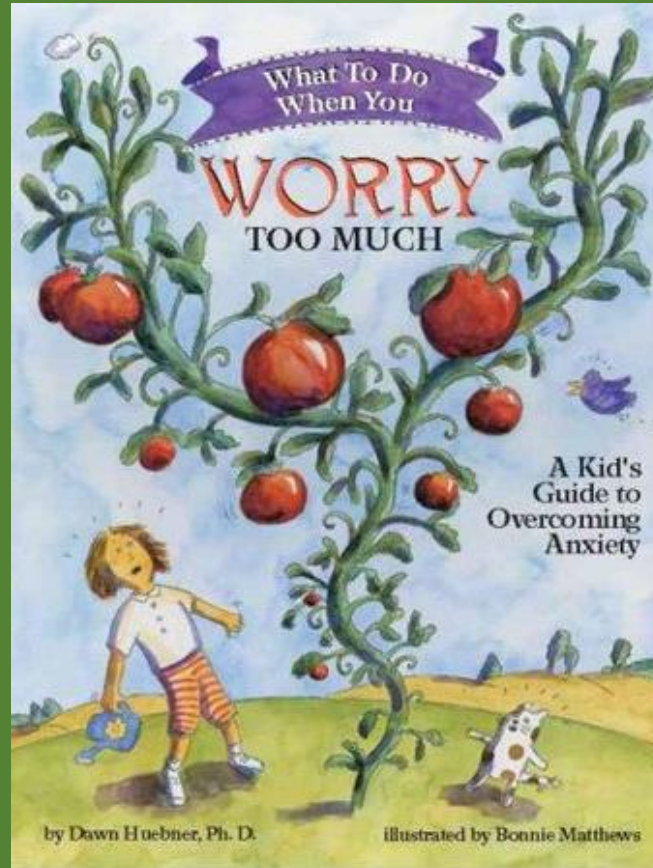
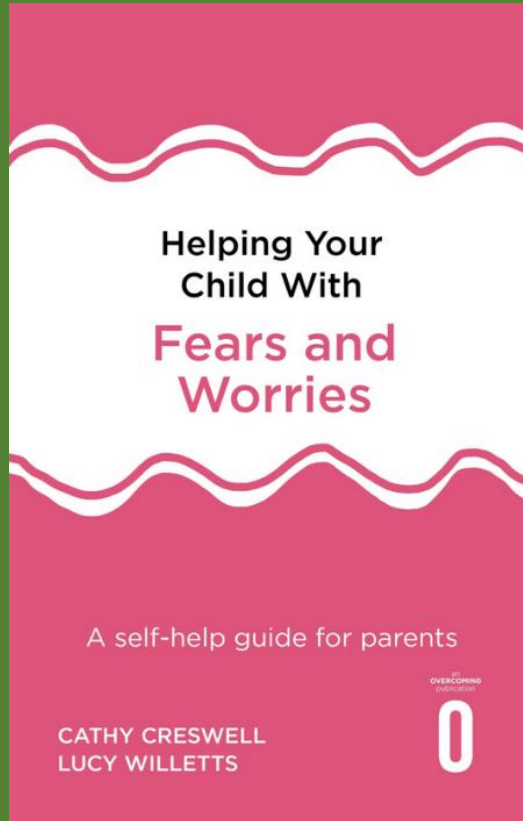
The fear I am facing is: _____

Most difficult

	☆
	☆
	☆
	☆
	☆
	☆
	☆
	☆
	☆
	☆
	☆



Useful resources



<https://copingskillsforkids.com/calming-anxiety>

http://www.youngminds.org.uk/for_parents

<https://camhs.elft.nhs.uk/Conditions/Anxiety--Stress>

<https://littf.com/>

<https://web.ntw.nhs.uk/selfhelp/>

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf

<https://livespiffy.co.uk/>

<https://www.childline.org.uk/toolbox/calm-zone/>