Proud to be part of



The children and young people's emotional wellbeing and mental health service



Understanding Anxiety



Aims of The Session



- Define anxiety
- Recognise triggers that can cause anxiety
- Recognise signs and symptoms of anxiety
- Explain cycle of anxiety
- Explain how anxiety can be managed
- Know where to go and get help if needed





What does anxiety mean to you?















































Anxiety Disorders

- Generalised anxiety
- Separation anxiety
- Emotionally based school refusal
- Fears and Phobias
- Post traumatic stress disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Selective mutism



- Type of fear or strong feeling about a situation
- Thought of a threat or something which may go wrong in the future
- Causes fright and uncertainty
- Lasts a short time or can be prolonged
- Can affect our ability to eat, sleep, concentrate, travel, leave the house, go to school and work
- Can interfere with our enjoyment and take over our lives life

















































Triggers!!

What worries, scares and frightens us?

















































Triggers

- Following and adverse event accident
- Significant life events bereavement/illness/separation/blended families/domestic abuse/bullying/exams
- Dogs, spiders, snakes, flying, wasps, buttons
- Genetic predisposition how we are made up
- Uncertainty and unpredictability causes feeling of loss of control – A fear of having to do something new or out of our comfort zone.

Fight, Flight, Freeze

When our ancestors went out hunting for food they sometimes came across danger.

The danger would trigger an internal worry alarm system in the brain called the **Fight or Flight** response which is a defence mechanism wired into our brains to get us out of danger and stay safe.



https://cbt4panic.org/wp-content/uploads/2017/08/The-anxiety-cure-cbt4panic-fight-flight-response.pn

Anxiety can be a defence mechanism. However.....

When it stops your child from enjoying normal life, when it affects their school, work, family relationships, friendships and social activities.....

This is when anxiety has taken over and your child has lost control



Flight Fright Freeze

https://www.youtube.com/watch?v=jEHwB1 PG_-Q&t=37s

Psychological Affects

••

- Insomnia/ nightmares
- Irritable
- Difficulty concentrating
- Loss of self confidence
- Depression, Anxiety and Anger can be link

- Feeling fearful and panicky
- "Frozen" thought processes
- Nagging sense of fear
- Tearful
- Feeling tired





























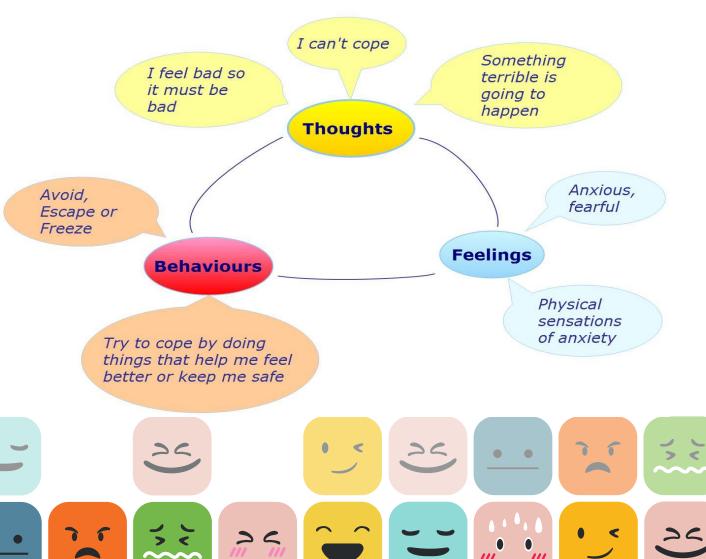


Physical Signs Of Anxiety

- Fast / irregular heart beat
- Increased breathing rate / hyperventilation / shallow breathing
- Dry mouth or throat
- Weak/ tense /tingling or aching of muscles
- Feeling lightheaded /headaches/dizziness
- Stomach aches or bowel problems
- Sweating hot and cold
- "Frozen" to the spot /Tense muscles

Vicious Cycle Of Anxiety

Trigger - real or imagined danger



































How To support Our Young People

ACKNOWLEDGE and VALIDATE the young person is feeling anxious

- CONTAIN and challenge anxiety
- DISTRACT yourself by doing something you enjoy
- WORRY TIME allocate 15 minutes worry time a day to help contain the worry time

- THOUGHT DIARY write down worries and fears and contain to a book you can just shut and close off your worries and fears
- TALK to someone a problem shared is a problem halved

Visualisation



































Look After Yourself!!

- EXCERCISE releases endorphins the feel good hormones
- HEALTHY DIET having a health balanced diet, drinking plenty of water
- SLEEPING making sure you get 8 hours a night can make a difference on your mood and how you feel
- PLANNING AHEAD & BEING ORGANISED
- PAMPER YOURSELF do what you enjoy and reward yourself





















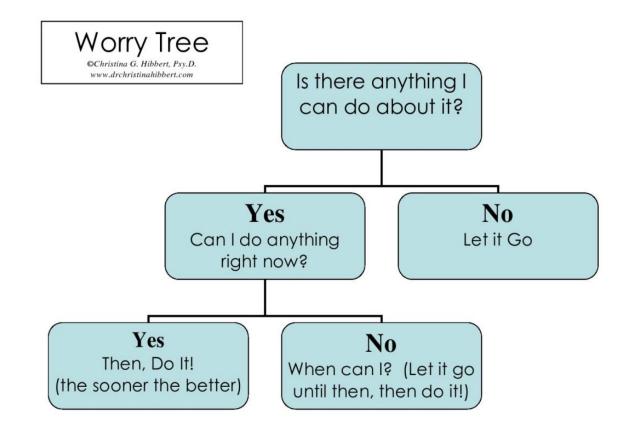








Problem Solving Worries































Summary

- Regain control of anxiety not anxiety controlling you
- Keep in proportion
- Feel the fear and face it anyway
- Use coping strategies they WILL work, just keep practicing

- Use Distractions & enjoy life don't worrying it away!
- Knowing where to go and get help if you need it





























Mineworks



Find out more at mindworks-surrey.org

Please do look at our new website:

https://www.mindworks-surrey.org/ There is information for children, young people, families and carers about services, advice and resources, including how to ask for help in a crisis via the 24/7 Crisis Line.































Useful Websites

- Youngminds http://www.youngminds.org.uk
- Kooth https://www.kooth.com
- Child line https://childline.org.uk
- Chat health School nurse text service: 07507 329 951
- The Teen Sleep Hub <u>www.teensleephub.org.uk</u>
- Anxiety UK <u>www.anxietyuk.org.uk</u>
- Mind <u>www.mind.org.uk</u>
- Headspace <u>www.headspace.com</u>
- Calm www.calm.com
- Safe Space Health https://safespacehealth.uk









