

Helpful websites:

<https://youngminds.org.uk/>

<https://mindedforfamilies.org.uk/young-people>

<https://www.anxietyuk.org.uk/>

<https://parents.actionforchildren.org.uk/chat/>

Helpful Apps:



Sam— App to help understand and manage anxiety



Smiling Minds— meditation and mindfulness app



Worrinots—helps younger children manage anxiety



Think ninja— App aimed at 11-17 year olds

Recommended storybooks:

Hey Warrior—Karen Young

Wilma Jean the Worry Machine—Julia Cook

Scaredy Squirrel—Melanie Watt

Recommended workbooks:

What to Do When You Worry Too Much— Dawn Huebner

Outsmarting Worry: An Older Kid's Guide to Managing Anxiety—Dawn Huebner

Well Young Person Team

What you can do
to help your child
or young person
cope better with
**Anxiety and
Worry**

Information
leaflet
for
Parents and
Carers

What is Anxiety?

Anxiety can be defined as feeling nervous, or worried, often due to fearful thoughts about a possible future event. Our brain acts fast to keep us safe, but sometimes it sets off a false alarm by reacting to situations that are not dangerous.

Watch this video for more information:
https://www.youtube.com/watch?v=FfSbWc3O_5M

Everyone has anxiety at some point this is 'Ordinary' anxiety and it is a feeling that comes and goes, but does not interfere with your everyday life. But if you have an anxiety disorder these feelings of fear and hyperalert can be ongoing and interrupt your day to day life.

Remember...

Normalise it—everyone can feel anxious or worried—first day of new school, job interview, meeting new people etc

Stay calm and supportive— Try not to get pulled into their emotions, stay rational and practical

Resist the urge to reassure—excessive reassurance can support the anxiety (not your child), this can then become an unhealthy coping strategy for your child

Anxiety is different for everyone—what works for you or someone else may not help them

Healthy ways to help anxiety

Create a Worry box or Worry Jar— Encourage your child to write down their worries and put them in the jar / box instead of talking about them all the time. This works in lots of ways; it delays the worry, it stops them seeking out constant reassurance and it gives the worry less power. Arrange a worry time when you empty the jar / box together and go through the worries, talk through them in a curious and rational way (*I wonder why you have wrote that worry as it has never happened before*). Worries that they are no longer concerned about can go in the bin. With the other worries try and challenge them in a supportive way. (Ask questions like how likely they think it is to happen / if the worry did happen how would they cope)

Sorting them out or letting them go
Some worries we can problem solve and try to sort out, other worries there is nothing we can do about them, encourage your child to start recognising the Difference. Asking if the worry is a current problem or is it a hypothetical situation (a 'what if' worry) may help. If it is a current worry problem solve the worry by asking What? When? And How? Formulate a plan together. If the worry is a hypothetical worry (what if) start encouraging your child to let the worry go and change their focus to something else.

Mindfulness

Anxiety does not exist in the present Moment—we either worry about something that has happened or something that is going to happen. Therefore, practicing mindfulness and making it part of your daily routine can really help reduce anxious thoughts.

Remember your children watch and learn from everything you do, so be brave and don't avoid difficult situations. They will learn more from what you do rather than what you say.