

Woodbrook Vale: **How to support your child and manage their anxiety**



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What is Anxiety?

Anxiety:

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

All children and young people feel worried sometimes, and this is a normal part of growing up. At certain points, such as on their first day of school or before an exam, young people may become more worried, but will soon be able to calm down and feel better.

Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do.

Signs and Symptoms of Anxiety

Physical symptoms:

Sweating more than usual and/or getting very hot



Panic attacks, which can include having a racing heart, breathing very quickly, sweating or shaking



Irritable bowel syndrome (IBS), diarrhoea or needing to go to the toilet more than usual



Shallow or quick breathing, or feeling unable to breathe



Tense muscles and/or wobbly legs

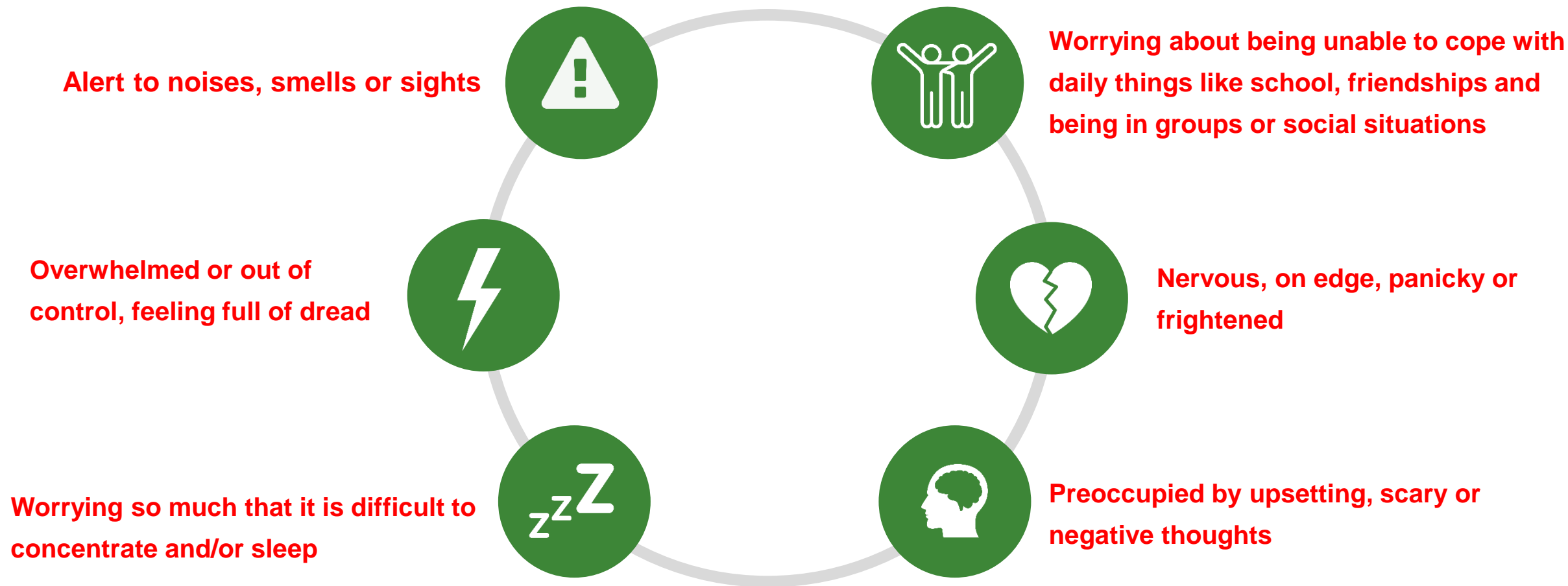


Feeling sick and/or dry mouth



Signs and Symptoms of Anxiety

Thoughts and feelings:



Tips to Manage Anxiety 🌿

1. **Overall principle:** The goal is not to eliminate anxiety but to help them to cope
2. **In the moment:** Work with them to help them to calm down
3. **In the moment:** Encourage them to try to ground themselves
4. **In the moment:** Give them time!
5. **Don't let them avoid things because they make them anxious...help them to understand it**



Tips to Manage Anxiety

6. **In a calmer moment:** Encourage them to trial different coping methods
7. **Support them** to identify triggers and patterns
8. **Be open and honest**
9. **Encourage** good, preventative habits
10. **Help them** to help themselves and access support

