



### What is anxiety?

**anxiety**

1. a feeling of worry, nervousness, or unease about something with an uncertain outcome.
2. a strong desire or concern to do something or for something to happen.



### Anxiety in everyday life

- At some point during our lives, we will feel anxious. This is perfectly normal. It is usually short-lived and doesn't usually have a dramatic, lasting effect on our life.
- There may be a single trigger or event that raises our anxiety level, but generally it's a number of things that add up to increase anxiety levels, i.e. worried about having a medical test, having a job interview or being in a new place.



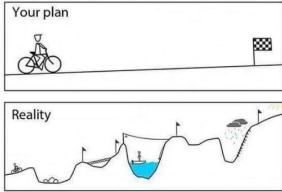
### Child development and anxiety

|               |   |
|---------------|---|
| 0 - 5 Months  | Loss of support, loud noises  |
| 7 - 12 Months | Fear of strangers, fear of the unexpected   |
| 1 Years       | Separation from main attachment figures, toileting and injury fears   |
| 2 - 6 Years   | Many fears: loud noises, animals, darkness, separation, life changes, strangers, injury, monsters                                   |
| 7 - 8 Years   | Supernatural beings, dark, media events, left alone, injury   |
| 9 - 12 Years  | Test and exams, school performance, bodily injury, physical appearance, thunder and lightning, death, the dark (low percentage)     |
| Adolescents   | School, home, safety, political issues, personal relationships, personal appearance, natural phenomena, uncertainty/future, animals |

(Acknowledgements to Professor Paula Barrett- Friends Resilience Programme)



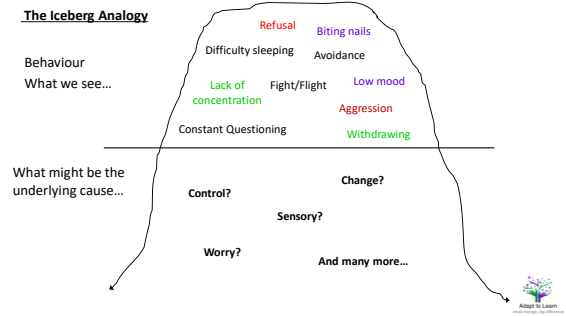
We would all like life to be like picture number 1  
 But in reality, it's more like picture number 2



The rope bridge, the boat, the ladder are our 'plan B's' our coping strategies! These help us build resilience!



**The Iceberg Analogy**



Here's a question...?

Do we, as parents, share too much information with our children?  
 Are we exposing them to too many adult conversations?  
 Are we negotiating too much?

Let's get a balance between...

**"Because I said so!"** Vs **"I'll explain and justify every decision I make"**



Bounce Back

- Anxiety is a part of life; we are never going to get rid of it!
- It's how we cope and react to it that makes all the difference!
- It is our job to teach our children how to bounce back when things don't go the way we expect them to go.
- We have to role model resilience!



**Resilience...**

The road to resilience requires: the ability to work through the maze of emotions and the effects of daily stresses and challenges



**Recognising 'wobble' moments**

Four empty rounded rectangular boxes arranged in a 2x2 grid. In the top-right box is a cartoon character with a red body and a yellow head. In the bottom-right box is a stack of colorful blocks (blue, green, red, purple) with a purple triangle on the side.



**Basic strategies...**

- Get active



- Diet



- Sleep



- Positive thinking



**Teaching our children to think positively**



**Getting dressed for a party**

- **Negative thoughts:** "What if no one likes what I am wearing?"
- **Positive thoughts:** "I look good, I can start a new trend!"

**Child having a problem with their homework**

- **Negative thoughts:** "I can't do this!"
- **Positive thoughts:** "I can give it a go. Its okay if I make a mistake."

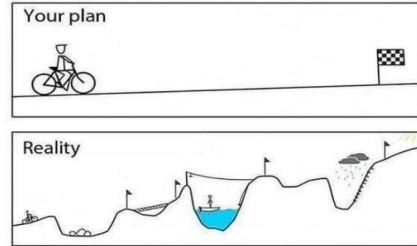


More positive strategies

- Keep a 'Gratitude' diary
  - Log the little things that you have achieved that day
- Keep a 'Feel good' book
  - Keep photos of achievements
- Display successes
- Teach 'It's okay to make mistakes'
  - Social Stories
  - Include successful fails
  - Model



Remember...



Remember sometimes you can't do it alone

- Build up your own resilience
- Talking and sharing can help
- Create a supportive network around you
- The bucket analogy



What helps?



## Resources

- [www.headspace.com](http://www.headspace.com)
  - Headspace is meditation made simple. You can start with the free "Take 10 programme", teaching you the basics of meditation in just 10 minutes a day
- [www.yogawithadriene.com](http://www.yogawithadriene.com)
  - Over 70 Free Yoga Videos for beginner and advanced yoga students. Easily accessed by YouTube
- [Louise Hay](#)
  - Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them
- [www.relaxkids.com](http://www.relaxkids.com)
  - Relaxation techniques for children

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