

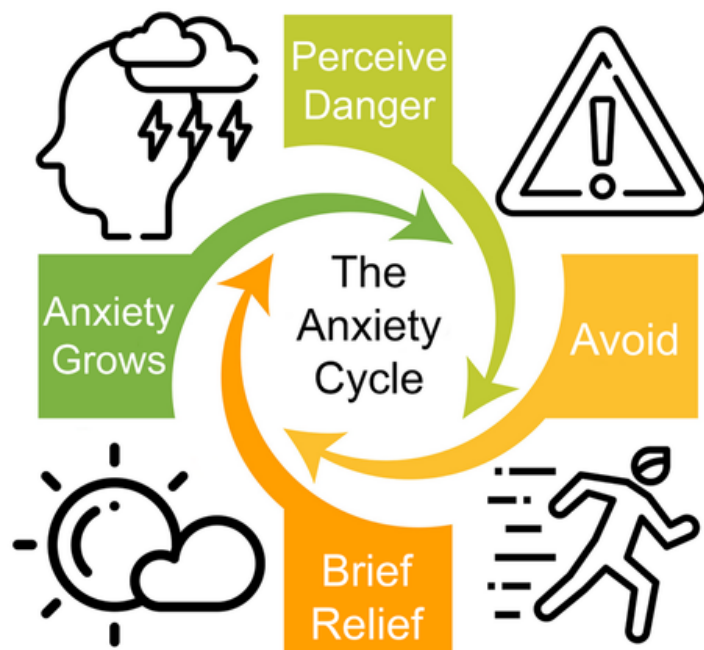
Supporting children's worries

Anxiety is normal and it can be a good thing:

- It prepares our bodies for danger.
- It helps us get things done (like study for a big exam).
- It helps our memory and focus.

Too much anxiety means you can't think properly and it can make you worry about things that aren't real.

$$\text{Anxiety} = \frac{\text{Overestimating threat}}{\text{underestimating ability to cope}}$$



Where does it come from?

- Genetics
- Adverse childhood experience
- Learning from example
- Learning from other's reactions

What is the impact ?

- Family life
- Social life
- School life and education
- Mood

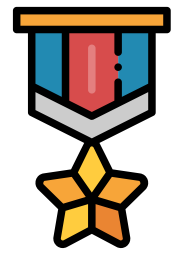
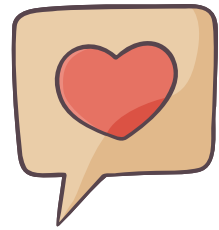
What maintains anxiety?

- Avoidance seeking
- Safety seeking
- Reassurance seeking



What can you do?

- Model good coping strategies yourself
- Practice Breathing and grounding techniques before anxiety-provoking situations
- Practice and demonstrate positive self-talk
- Positive reinforcement to encourage bravery
- Encourage independence



Worry Time

- A physical way to get rid of worries.
- A set time everyday (not before bed time)
- Around 10-15 minutes
- Write down/talk about worries



Steps:

- Write down worries and put them into Worry box.
- Remind them that there is time for them to worry later and focus on the present.
- Set a time for worrying with your child (e.g., 15 minutes before dinner).
- Talk through the worries with your child during Worry Time.
- Refocus attention after worry time.
- Repeat

Grounding and breathing techniques

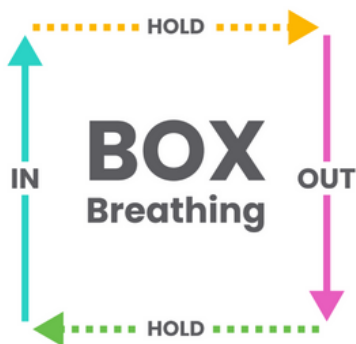
Hand breathing

- Trace your hand with your finger.
- As you go up your finger, breathe in for 3 slowly.
- As you come down your finger, breathe out for 3 slowly.
- Repeat.



Box breathing

- Draw a box in your head, on the table or on your hand.
- Breathe in for 4 seconds.
- Hold for 4 seconds.
- Breathe out for 4 seconds.
- Hold for 4 seconds.
- Repeat.



5,4,3,2,1

- 5 things you can see.
- 4 things you can touch.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you would like to taste.

Colours and shapes

- Choose a colour or shape.
- Spend a few minutes looking for things that are that colour or shape.