



Supporting your child at home

Supporting a child who is anxious

Anxiety in Children

Just like adults, children and young people feel worried and anxious at times.

But if your child's anxiety is starting to affect their wellbeing, they may need some help to overcome it.

What makes children anxious?

Children tend to feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

Here are some helpful tips to use and discuss with a child who is anxious to help them understand and manage the situation they are in which may be contributing to their anxiety.

IMPROVE the Quality of the Moment

Imagery – Imagine relaxing scenes or that everything is going well.

Meaning – Find purpose or meaning in a painful situation.

Prayer – Ask for strength to bear the pain.

Relaxing – Take a bath, drink hot milk, massage your neck, breathe deeply.

One thing - Focus your entire attention on one thing and keep yourself in the moment.

Vacation – Give yourself a break- read a magazine, go for a walk.

Encouragement – Encourage yourself : 'I will make it out of this' and 'I'm doing the best I can' and rethink the situation

Positive Steps to Wellbeing

- Be kind to yourself
- Exercise more
- Take up a new hobby
- Have some fun
- Be creative
- Relax
- Eat healthily
- Get enough sleep

Grounding Techniques

'54321 Game'

Name **5** things you can **see** in the room with you

Name **4** things you can **feel** (e.g., chair on your back, feet on the floor).

Name **3** things you can **hear** right now (e.g., birds singing, traffic going by)

Name **2** things you can **smell** right now

Name **1** thing **good about yourself** (e.g., I have completed this exercise)

Distracting activities

Activities – Focus attention on a task, go to an event, play a game, go for a walk, play/watch sports, go for a meal or read.

Contributing – Volunteer, help someone, connect with others.

Emotions – Read a book/magazine, watch a show or a film, listen to music or the radio.

Mindfulness – breathing, walking, colouring or eating.

Nature – go to the beach, park or plan a trip where you can immerse yourself in nature.

Thoughts – Count to 10, repeat words to a song.

Sensations – have a shower, squeeze a rubber ball, hold ice in your hand.

Sensory Awareness

Find a comfortable position.

Can you feel the *hair* touching your head?

Can you feel your *tummy* rising and falling as you breathe?

Can you picture something *far* away?

Can you feel the *bottoms* of your feet?

Can you feel the differences in *temperature* in the room?

Can you feel if one arm is more *relaxed* than another?

Can you imagine something very *pleasant*?

Can you imagine *floating* in warm water?

Safe place visualisation

- Imagine a place where you feel calm, peaceful and safe. It may be somewhere you have been, want to go, dreamt about or made up.
 - Focus on the colours in your peaceful safe place
 - Notice the sounds or the silence around you
 - Think about any smells there
 - Focus on skin sensations: the earth, the temperature, movement of air
- Give your safe place a name or word to bring it back. You can enter and leave your safe place whenever you desire

Distraction Techniques - Alphabet Game

Pick one of the ideas below and think of an example for each letter of the alphabet:

Food , Names, Something you can see, Films, Musician, Plants, Animals.

ABCDEF GHI
JKLMN OPQR
STUVW XYZ

Square Breathing

