

Anxiety in Children



Who are We?



We are a Greenwich CAMHS team that deliver **psychoeducation assemblies** and **workshops** (like this one) to promote positive mental health and resilience.

Workshop Aims

- To understand the factors that lead to the development of anxiety in children
- To be aware of some strategies which can be used to support an anxious child and build confidence
- To share any experiences you might have of anxiety in your children

Overview of Anxiety



What is Anxiety?

Anxiety is a normal emotion, and at times, can be useful. It is characterised by

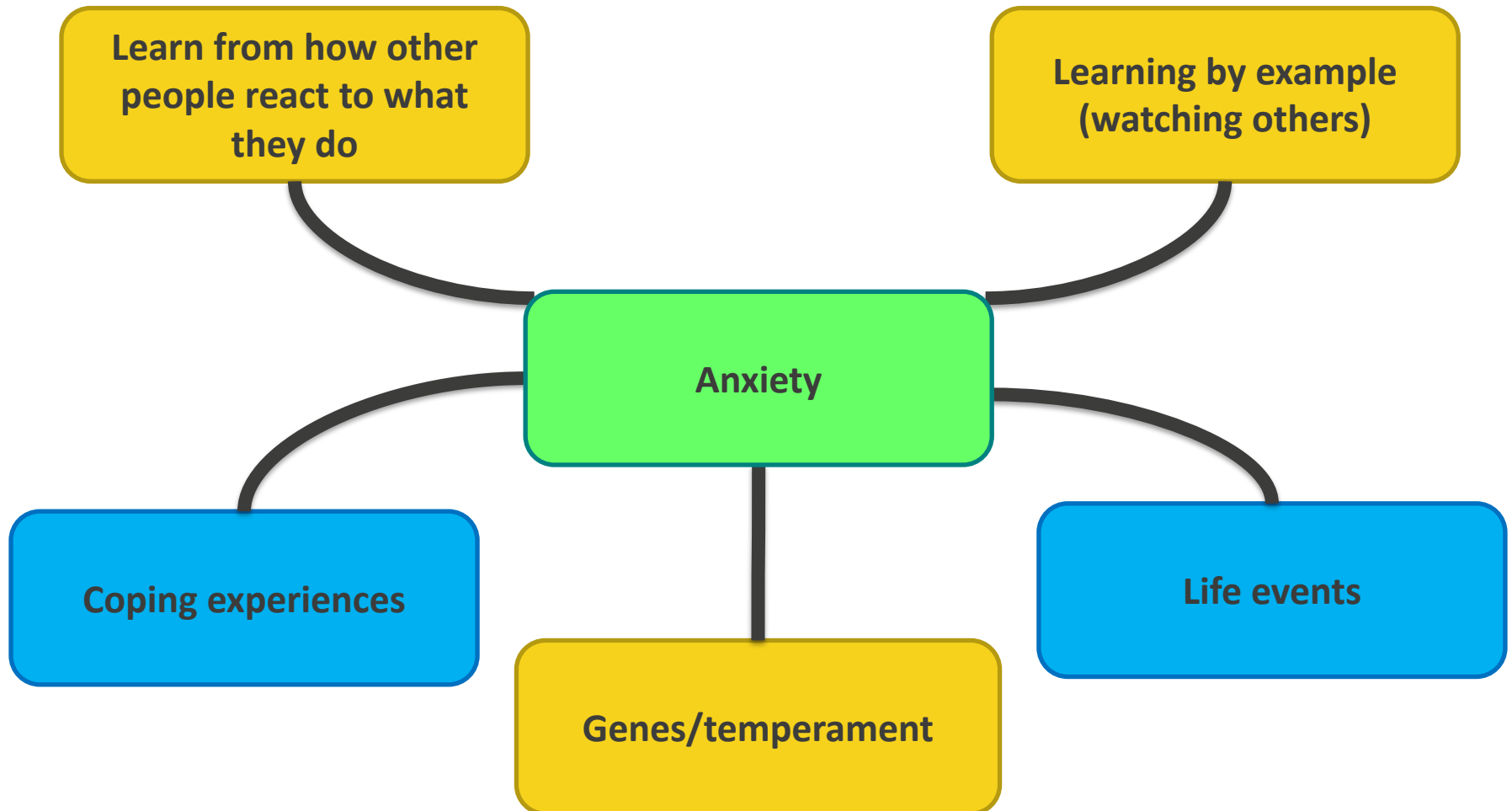
- **Physical sensations in the body**
- **Anxious thoughts**
- **Anxious behaviour**
- **Anxious feelings**

How do you know when your child is anxious?

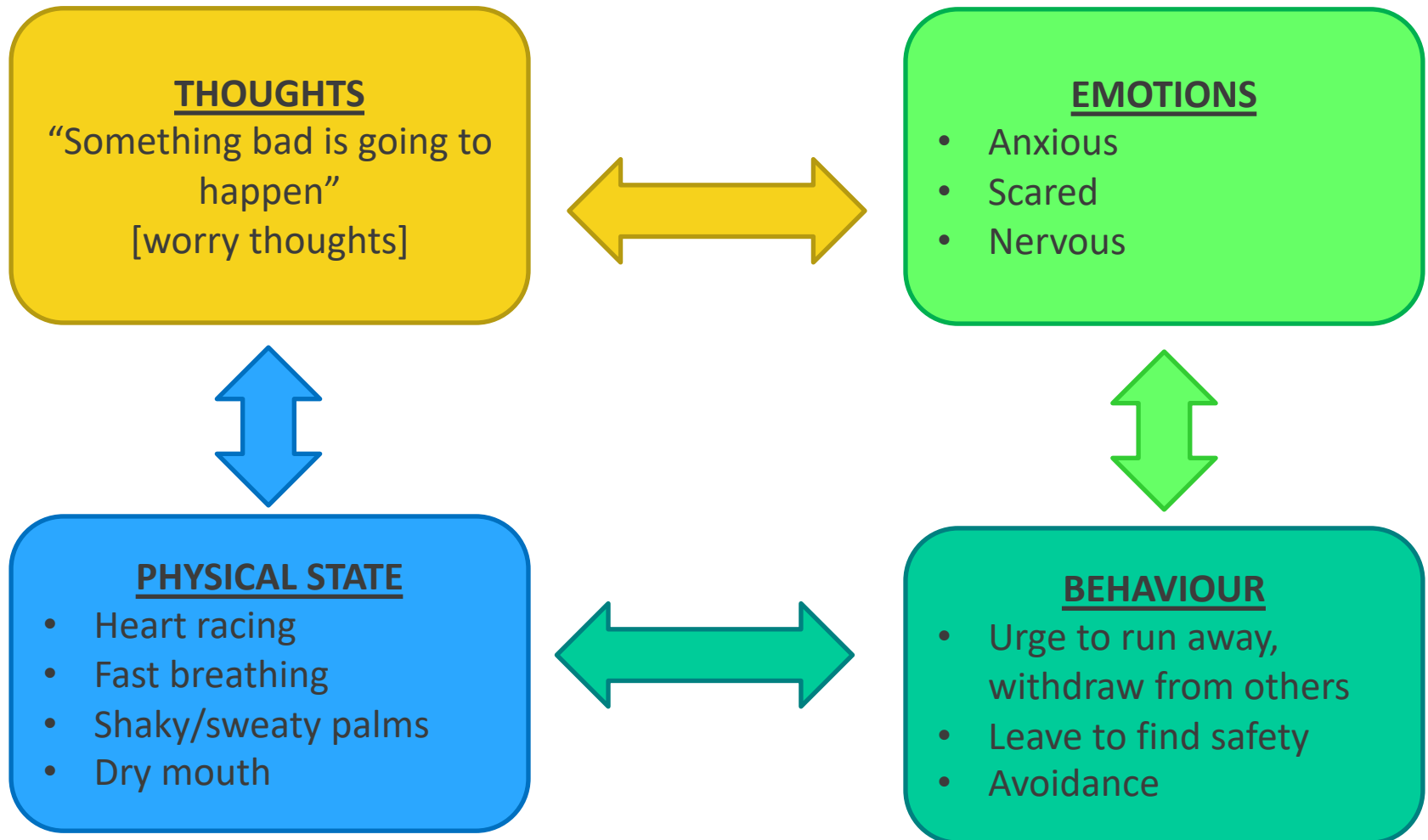
- How are they behaving?
- What physical sensation might they be experiencing?
- What might they be feeling?
- What might they be thinking and worrying about?



How do fears and worries develop?



CBT Hot Cross Bun Model



How Do I Know if My Child Needs Help for Anxiety?

Is the anxiety stopping them from doing what they want to/should be doing?

- Socially
- Academically
- Emotionally

What Else Might be Contributing to Anxiety?

- Demonstrating anxious behaviour
- Becoming very involved and overprotective
- Not encouraging children to try/ do things

Understanding Anxiety in Children *and* Parents

It is in our nature to protect our children!

This has advantages and disadvantages ...



Helping Strategies: Containment

- Create space for conversation
- Remain calm
- Empathise and validate
- Help them explore alternative perspectives
- Create routine
- Monitor progress

Good questions to ask:

- Why are you feeling worried?
- What do you think will happen if you ... ?
- What is it about this situation that is making you feel worried/frightened?
- What are we going to do about it?

Problem Solve with Your Child

Problem-solve situations that really might be difficult – how will they cope?

Who else can help them out?

Solution	Pros 	Cons 	Is this plan doable?	Rate how good the plan is

Promote and Build Independence

- Show confidence in your child
- Encourage independence
- Encourage your child to have a growth mindset
- Reward success
- Be patient

Helping Your Child to Relax

My 5 steps to a calmer me



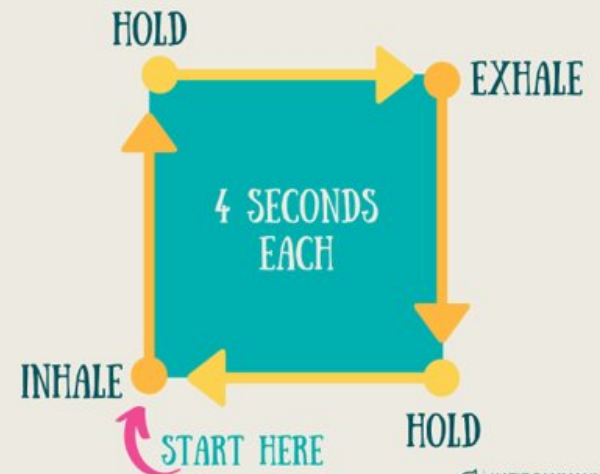
- 5 things I can see.
- 4 things I can touch.
- 3 things I can hear.
- 2 things I can smell.
- 1 thing I can taste.



Stress Management Through Progressive Muscle Relaxation



BOX BREATHING

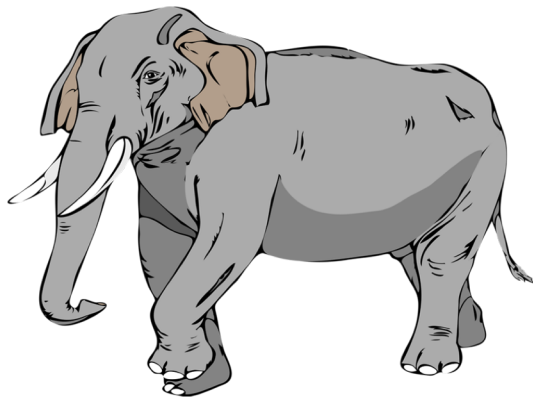


KATIE SAMMANN
PSYCHOTHERAPY

Helping Your Child to Relax

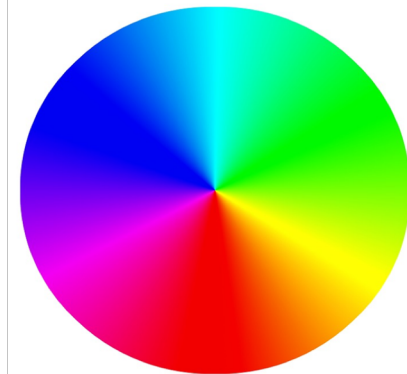
Category Game

Choose a category e.g., animals or brands. Name one for each letter of the alphabet:



Colour Game

Pick a colour and find everything in the room that is that colour. Do this for as many colours as it takes to distract you from your thoughts



Distraction Techniques

- Count back from 20 in 2s
- Imagine a big red STOP sign and stop your/their worries
- Get involved in absorbing activities e.g. making/building something, being active
- Give Mindfulness a go (Apps)
- Use stories and books to talk to them about worry e.g. "The Huge Bag of worries" by Virginia Ironside

Comments, Questions or Concerns?



Looking After Yourself



Wheel of Well-being

How to Get Help



We provide one-to-one interventions for the following:

- Challenging behaviour (4 - 8)
- Child anxiety (5+)

Please email oxl-tr.gmhst@nhs.net or contact your school if you are interested in knowing more.

Additional Resources



Additional Resources: Websites & Phone Lines

- Oxleas: 0208 854 8888. Free telephone line. Available 5pm – 10pm on Monday to Friday; available all day on weekends.
- Childline: 0800 1111. Free confidential telephone support service for children and young people.
- Samaritans: 0845 790 9090; (www.samaritans.org.uk)
- Young Minds: 0808 802 5544. Free hotline for parents. Available 9:30am – 4pm on Monday to Friday.
- Papyrus: 0800 068 4141 (call) or 07860 039967 (text)

Oxleas
NHS



Improving lives