

Woodbrook Vale:



How to support your child and manage their anxiety

What is Anxiety?



A feeling of worry or fear

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

Anxiety can become a problem when a young person feels overwhelmed or it's 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.

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.



Signs and Symptoms of Anxiety

Physical symptoms:

Sweating more than usual
and/or getting very hot



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



Tense muscles and/or wobbly legs



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



Shallow or quick breathing, or
feeling unable to breathe



Feeling sick and/or dry mouth



Signs and Symptoms of Anxiety

Thoughts and feelings:

Alert to noises, smells or sights



Overwhelmed or out of control, feeling full of dread



Worrying so much that it is difficult to concentrate and/or sleep



Worrying about being unable to cope with daily things like school, friendships and being in groups or social situations



Nervous, on edge, panicky or frightened



Preoccupied by upsetting, scary or negative thoughts



Tips to Manage Anxiety



◆ Overall Principle :

The goal is not to eliminate anxiety but to help them to cope

◆ In the moment :

Work with them to help them to calm down, give them time and encourage them to try to ground themselves

◆ Support them

Help to identify triggers and patterns and be open and honest. Encourage good, preventative habits

◆ In a calmer moment :

Encourage them to trial different coping methods

Don't let them avoid things because it makes them anxious; help them to understand it.

