

Anxiety in Children and Young People

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What do we mean by anxiety?



What is anxiety?

- Anxiety is a “normal” and protective response which occurs when we feel under threat. (real or perceived)
- It can also help us be more alert and focussed and can therefore be a positive motivating force (e.g. exams, job interview, stage performance).
- However, too much anxiety or constantly being anxious can be disabling and detrimental to our lives and relationships.

Covid 19 and impact on Anxiety

Threat to health-
Self and others

Loss of normal
routines



Reduced
contact
with
support
networks

Uncertainty

Loss of control

How anxiety effects us?

Thoughts

What if.....?

Behaviours

Fight or flight
Avoidance

Feelings

Physical and emotional

When is Anxiety a Problem?

When:-

- it disrupts a young person's life at home or school on a regular basis
- it interferes with their ability to take part in activities or they need to over control activities
- their fear or worry seems out of proportion to the problem
- they become anxious or fearful more easily, or more often, or more intensely than other children

Things you can do to help.



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The Basics



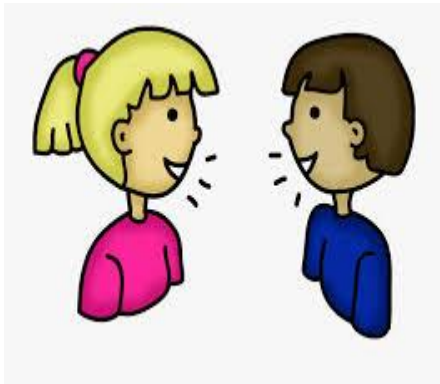
FOOD



WATER



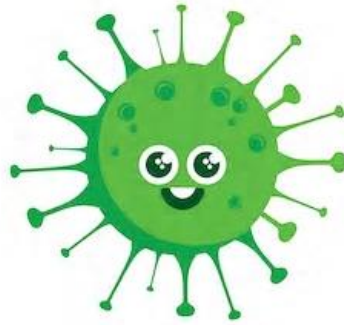
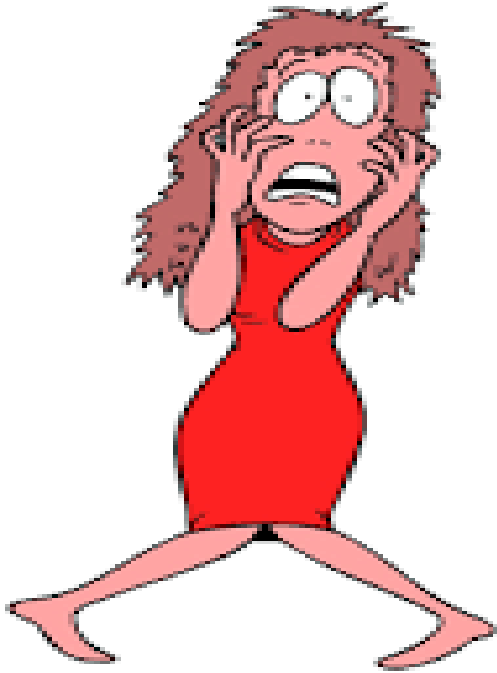
SLEEP



Day to Day approaches

- Emotion awareness building- talking about how feelings actually feel and that we all experience them
- Plan together how you might approach a particular challenge in advance
- Have faith in your child, be encouraging and use a positive style of communication
- Look for practical opportunities to build confidence and resilience, through hobbies/interests
- Demonstrate how you face your own worries/fears
- Clearly teach how to cope with uncomfortable feelings using things that are have been noticed to help them
- Above all – Try to stay calm and try and include some fun and humour in day to day life

Anxiety can be contagious!



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Additional Strategies

- Some children may need extra support to manage their anxiety and cope with uncomfortable feelings

In these cases,

- Investigate what the triggers to the anxiety might be and consider if its appropriate to reduce or remove it
- Try to identify what activity/environment helps your child to feel the most calm and relaxed and incorporate this into their usual routine
- Introduce them to soothing sensory experiences
- Teach relaxation and calm breathing
- Share stories about overcoming fears
- Notice and comment on their worries and plan worry or talking times
- Support them to tackle any specific fears gradually with a mutually agreed plan
- Be aware of increases in day to day stress and provide extra support
- Be consistent and work together with other family members, school etc.

Mindfulness

- <https://www.youtube.com/watch?v=qUcC71-W90s>



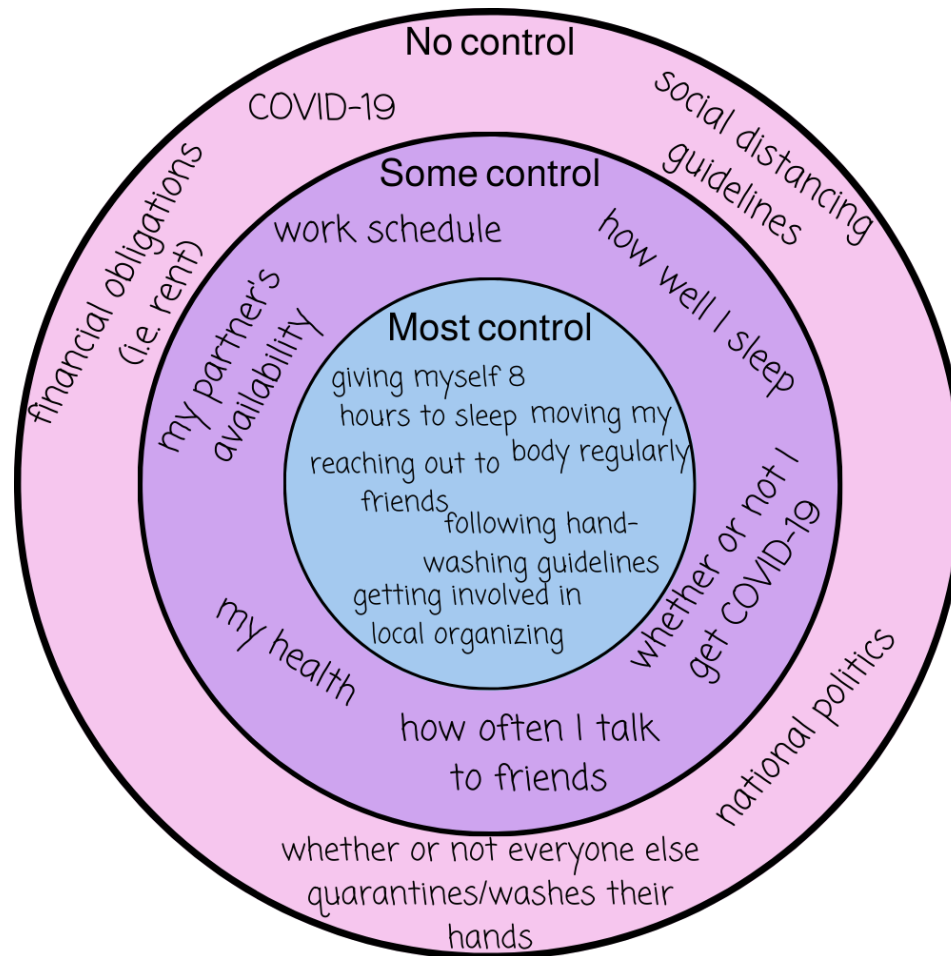
Things to remember...

- Focus on developing a **positive relationship** with your child where there is good communication
- Establish **clear rules and routines** at home.
- **Listen** to your child's worries and normalise their experiences
- **Be aware of your own emotions**
- **Be prepared**/aware of potential triggers and plan ahead
- **Problem solve** how situations could be tackled together.
- **Teach** positive coping strategies
- **Model** facing your own fears
- **Praise** any efforts they make to face their fears
- Choose your words carefully- be **positive and confident**
- **Be Patient** – these things can take time and perseverance.

Coping with Pandemic Anxiety

- Be curious – ask how they are feeling about it
- Reassurance – provide open, age appropriate communication
- Be sensitive to their upsets – listen and validate their emotions
- Acknowledge the worry that uncertainty creates and frustration caused by conflicting advice and rules changing
- Limit access to news reports if necessary
- Maintain routines, friendship and interests where possible
- Identify your support bubble/network and call on it if necessary

Covid 19 - Circle of Control



And finally....

- Remember you can't hope to remove all anxiety from your child's life.
- Your aim is to help them to become accustomed to uncertainty, rather than trying to remove it altogether.
- Learning how to regulate your emotions is part of growing up. By the time we reach adulthood we get better at putting things into perspective and realising that for the most part we can cope.

Useful Websites

- <https://www.annafreud.org/selfcare>
- www.anxietybc.com
- www.headspace.com/meditation/kids
- www.youngminds.org.uk
- <https://www.thechildrenssleepcharity.org.uk/>
- www.camhsnorthderbyshire.nhs.uk
- <https://www.camhsnorthderbyshire.nhs.uk/helpful-videos-anxiety>
- www.derbyandderbyshireemotionalhealthandwellbeing.uk

Books and Resources

- What to do when you worry to much
- The Huge bag of Worries
- Starving the Anxiety Gremlin

Covid 19 specific

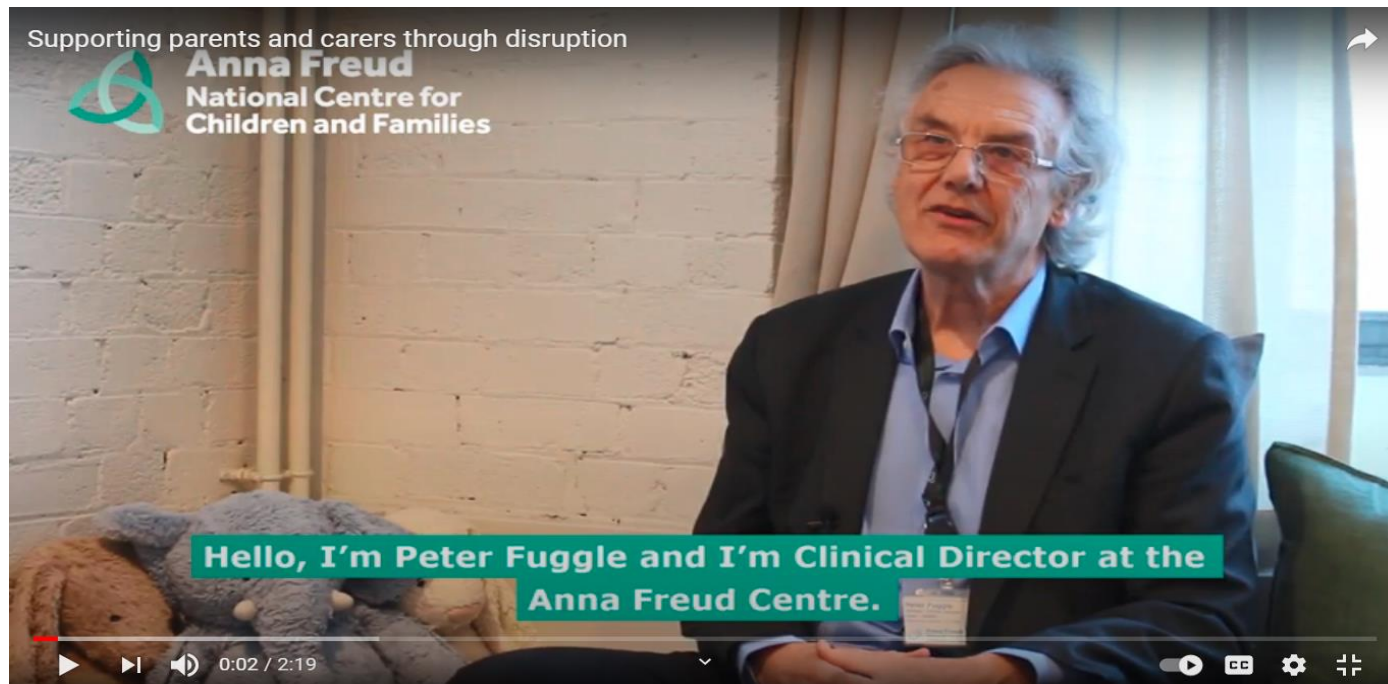
- The Story of the Oyster and the Butterfly
- Coronavirus – a book for children
- Good days in unusual times

Support Options

All professionals can access advice from the CAMHS Specialist Community Adviser service as required.

- School – in house emotional support
- School FSW – if further assessment required
- School Nurse – Parents can self refer via their website – www.derbyshireschoolnurses.org.uk
- Action for Children - Build Sound Minds
<https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/>
- Specialist CAMHS . www.camhsnorthderbyshire.nhs.uk

Anna Freud Centre Supporting Parents and Carers through disruption. Dr Peter Fuggle



- <https://youtu.be/ZnANLAcprZ4>

Thank You!

If you want to give any feedback,
please follow link below

<https://www.surveymonkey.co.uk/r/5BR88M9>