

An illustration of three young men in school uniforms walking on a green path. The man on the left has dark hair and is wearing a black jacket with orange accents and a striped tie. The man in the middle has red hair and is wearing a grey suit with a striped tie. The man on the right has blonde hair and is wearing a black suit with a striped tie. They are all looking towards the right. The background shows a blue sky with white clouds and a white building.

# *Anxiety Parent Workshop*

**Mental Health Support Team**

**MENTAL HEALTH  
SUPPORT TEAMS**

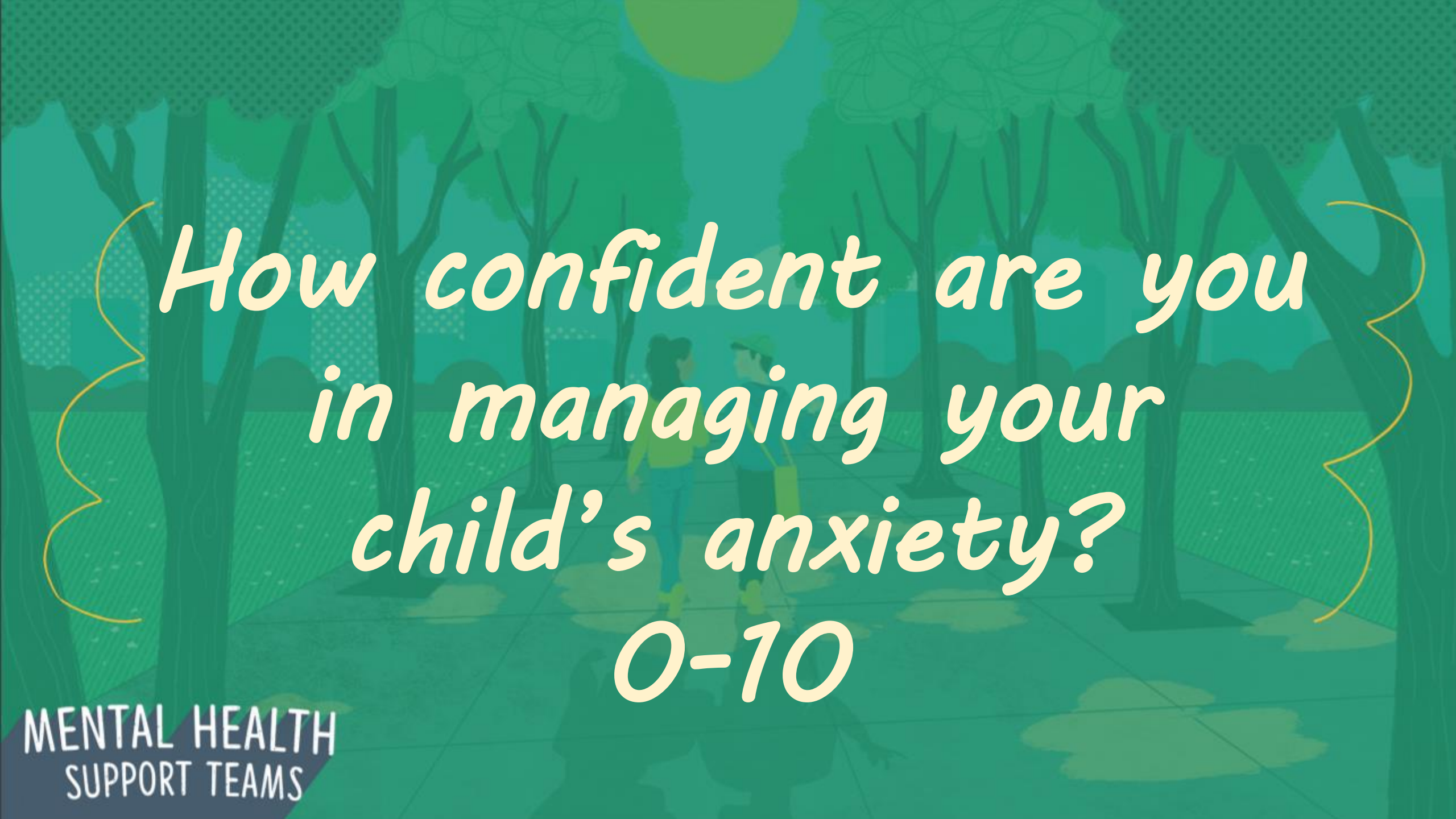
# Agenda

1. Welcome
2. What is anxiety?
3. When & why does anxiety become a problem?
4. Types of anxiety
5. Causes of anxiety
6. Maintenance of anxiety
7. How to help your child
8. Helpful resources



MENTAL HEALTH  
SUPPORT TEAMS





*How confident are you  
in managing your  
child's anxiety?  
0-10*



*Fight Flight Freeze - A Guide to Anxiety for Kids*

# What is anxiety?

---

- A natural evolutionary response
  - Fight/Flight/Freeze
- Experienced by everyone
- It is meant to be helpful
- Causes cognitive, physical, emotional, and behavioural responses to anxiety-provoking stimuli



# Common Symptoms

## Physical

Headache  
Tummy ache  
Sweaty palms  
Heart beating faster  
Dry mouth  
Feeling sick

## Behavioural

Avoidance  
Being quiet/withdrawn  
Being more chatty  
“Acting up”  
Crying

## Emotional

Worried  
Upset  
Stressed  
Angry  
Numb  
Confused

## Cognitive

Worries or negative thoughts about the anxiety-provoking situation, about their ability to cope, or about other peoples' perceptions



# *If anxiety is so useful then why does it become a problem?*

Why?

- The cognitive, physical, emotional, and behavioural responses to anxiety make the anxiety feel worse, and we feel unable to cope.
- Anxiety has not evolved as fast as the world around us.

When?

- When it is affecting daily functioning, and self-management has not helped
- When social life, school attainment, and overall wellbeing is being impacted



**MENTAL HEALTH  
SUPPORT TEAMS**

# *Different Types of Anxiety*

Anxiety doesn't come in one shape or form.

- People have individual differences or experiences
- There can be different or interacting causes
- Anxiety can vary in intensity or severity
- People may have different maintenance factors





# *What makes a child vulnerable to anxiety?*

- Life events or experiences
- Genes
- Learned behaviour
- Temporary circumstances
- Or a combination of these

# The Cycle of Avoidance



# *What keeps the anxiety going?*

- Avoidance
- Safety behaviours
- Reassurance
- Missed opportunities for coping
- Other people's reactions / responses
- Lack of confidence – specifically in their ability to cope
- Lack of independence
- Worries becoming stuck





*How can I help  
my child?*

MENTAL HEALTH  
SUPPORT TEAMS



## *Educate Your Child*

- Educating them about anxiety helps them to understand what is happening and why they feel that way
- Educating them lets them know that you understand
- Educating them about what you can do to help them overcome anxiety helps them to know what they can expect

**MENTAL HEALTH  
SUPPORT TEAMS**



# *Monitor Your Responses*

- Be curious about their worries
- Normalise and empathise
- Reduce the reassurance that you give to encourage independent thinking
- Be a role model

MENTAL HEALTH  
SUPPORT TEAMS



# *Take Steps to Improve Confidence and Resilience*

- Encourage independent behaviour
- Encourage them to try new or challenging things
- Use praise and rewards when they are brave or try new things
- Encourage your child to break the avoidance cycle



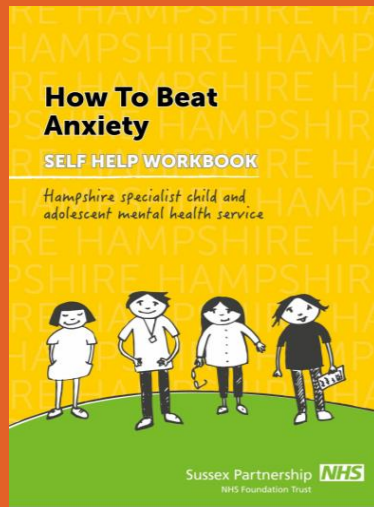
*Even if you don't think your child is anxious now, you can begin using these strategies to prevent the onset of anxiety, and promote their confidence and resilience.*



# Helpful Resources

## Apps:

Mindshift  
Headspace  
Self help for anxiety  
management (SAM)  
Worry Box  
Clear Fear



Hampshire CAMHS How To Beat  
Anxiety Workbook –  
[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

## Books:

Helping Your Child with Fears and Worries by Cathy Cresswell  
and Lucy Willetts  
What To Do When You Worry Too Much by Dawn Huebener



MENTAL HEALTH  
SUPPORT TEAMS

# Helpful Resources: Activities



Self Soothe box

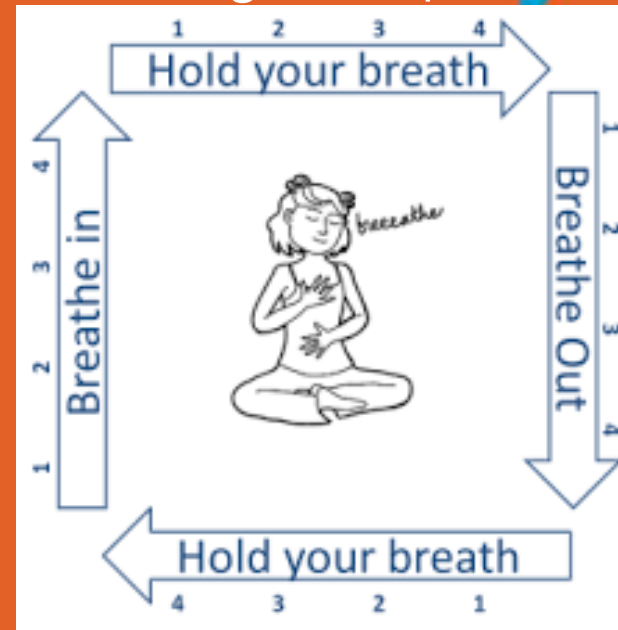
<https://hampshirecamhs.nhs.uk/video/5-of-7-make-your-own-self-soothe-box/>



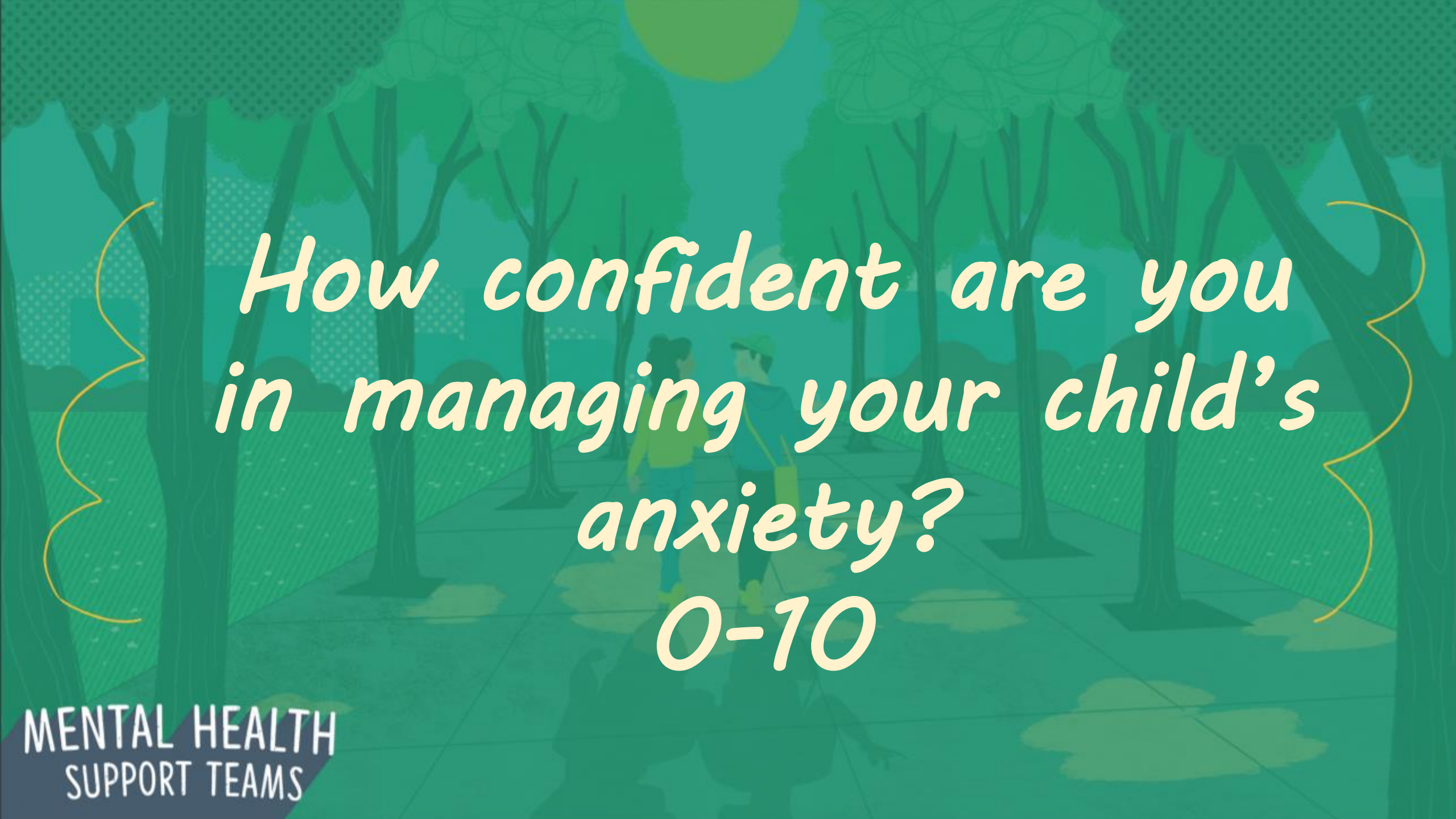
Worry Jar/Monster



Breathing techniques



MENTAL HEALTH  
SUPPORT TEAMS



*How confident are you  
in managing your child's  
anxiety?  
0-10*

*Thank you  
for listening*



**MENTAL HEALTH  
SUPPORT TEAMS**

