

GO TO

# Coping with Anxiety

2 of 2

Try to understand and nurture your own needs first. Children will watch and learn. Everyone will benefit.

## Coping 'in the moment'

Send 'no need to worry' messages to your brain by slowing down your breathing and movements.

\*\*\*\*

Progressive Muscle Relaxation (PMR) aim to tighten muscle groups for 10 seconds and then gently release over 20 seconds.

\*\*\*\*

Visualise a favourite safe place. Use all your senses.



Remember that our feelings are NOT facts. List everything that's still OK.

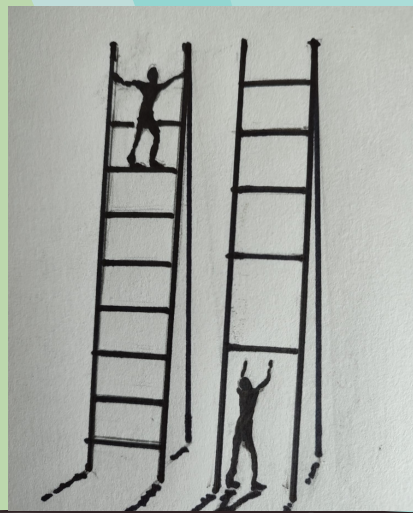
What information do you need to move forward? Kindness to others creates new coping chemicals which help to balance our anxiety.

## Try to feel better

- \*Drink plenty of water
- \*Exercise
- \*Connect with friends
- \*Rest and relax whenever you can



Consider Yoga or researching the Vagus Nerve to help reduce stress



Small steps will get you there.

Anxiety UK  
MindWise

Recoverycollegenistresscontrol.org

Why has nobody told me this before' Dr J Smith

Relaxation Apps  
Personal Zen  
Insight timer  
Headspace  
Calm



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# Coping with Anxiety 2 of 2

Supporting Children and Young People



## In the moment

\*Model your own calming techniques.

\* Gently acknowledge your child's feelings. Try not to minimise, distract or 'fix'.

\*Encourage a safe activity to use up adrenalin 'survival' chemicals.

\*

**A** Building blocks to help anxiety.

Consistency, Routines

**B**  
**C** Boundaries, Feeling prepared.

\*\*\*Trust your child to cope.

You Believe = They Believe

\*\*\* Encourage problem solving

\*\*\*Allow appropriate risks and natural consequences.

\*\*\*Over-protection will usually increase anxiety levels.

## Ongoing Brain Training

Support your child to:-

\*\* Identify all their feelings, in detail, as early as possible.

'Name it to tame it'

\*\*Externalise the 'worry' Name? Appearance? Colour?

\*\*Talk to the 'worry'. e.g.

'You're not the boss of me'

\*\* Complete step-by-step tasks.

Gently increase and repeat challenges. Your

child will prove to themselves they can

overcome the 'worry'.

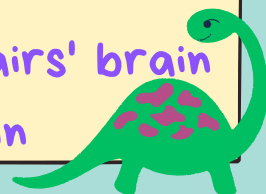


OKAY @Action Mental Health  
Childline 08001111 \*\*\*\*\* NINJAFOCUS  
'The Whole Brain Child' Dr Dan Siegel  
'Outsmarting our Worry' Dr Dawn Huebner

Use age appropriate 'neuroscience'. Like us, if children understand what is happening to them, they will find it much easier to cope.

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Even young children can understand 'upstairs' 'downstairs' brain and can learn to tame their downstairs 'dinosaur' brain



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