

# ANXIETY AND WORRIES

## \* OUR SESSION ...

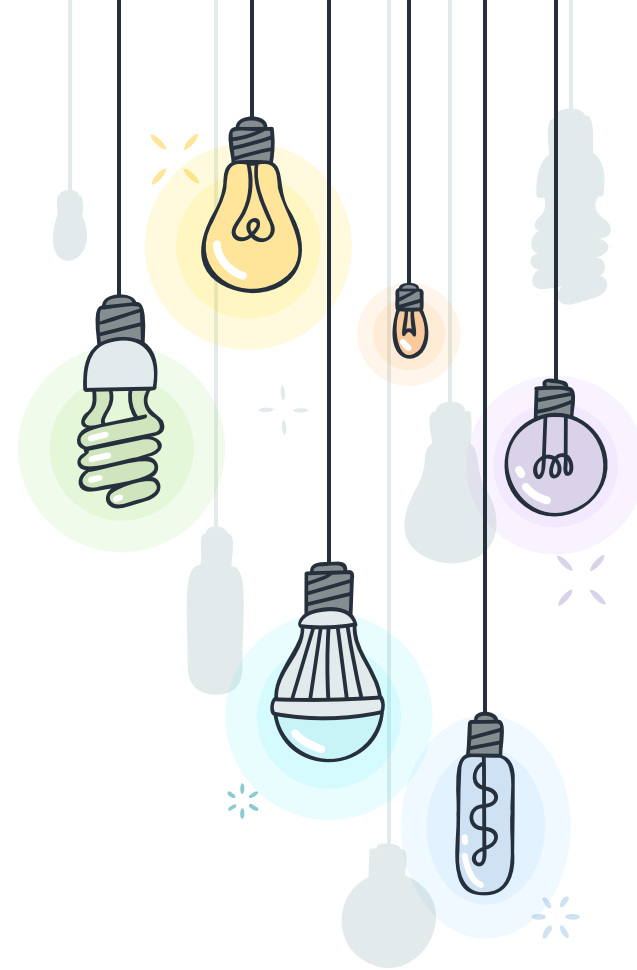
**What is anxiety? What does anxiety look like?**

**Freeze, Flight, Fight, Fawn**

**Control**

**Planning - How big is my problem?**

**Growth Mindset**



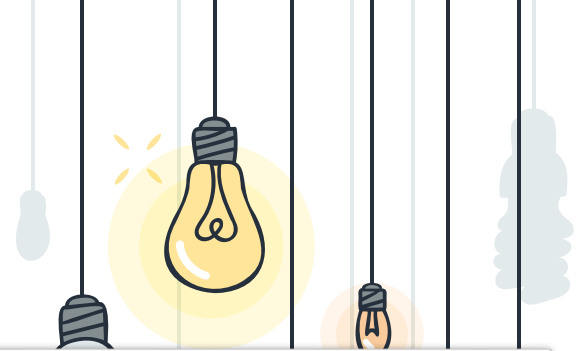
# WHAT IS ANXIETY?

- + Anxiety can cause nervousness, fear, apprehension and worry.
- + Everyone experiences anxiety at different levels at different time.
- + A little anxiety can aide performance.

Severe anxiety can impact on physical, cognitive and behavioural functioning, as well as well being.



# WHAT THIS MAY LOOK LIKE ...



## SIGNS TO LOOK FOR



**ANGER**



**CRYING**



**TRYING TO  
ACT NORMAL**

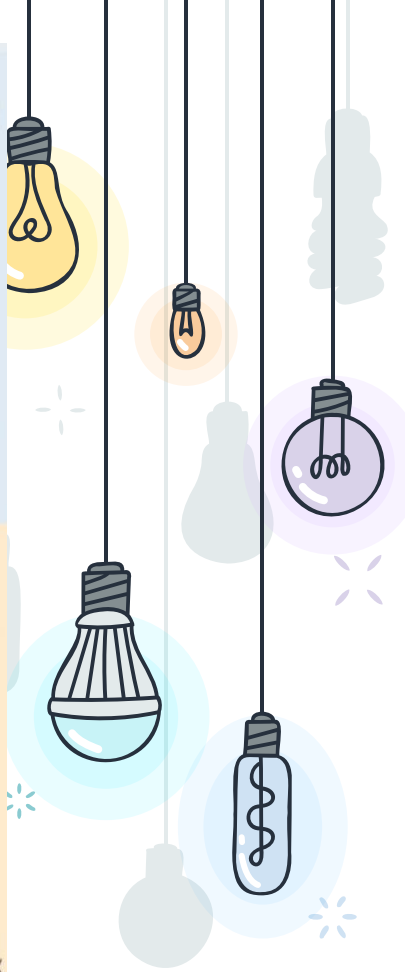
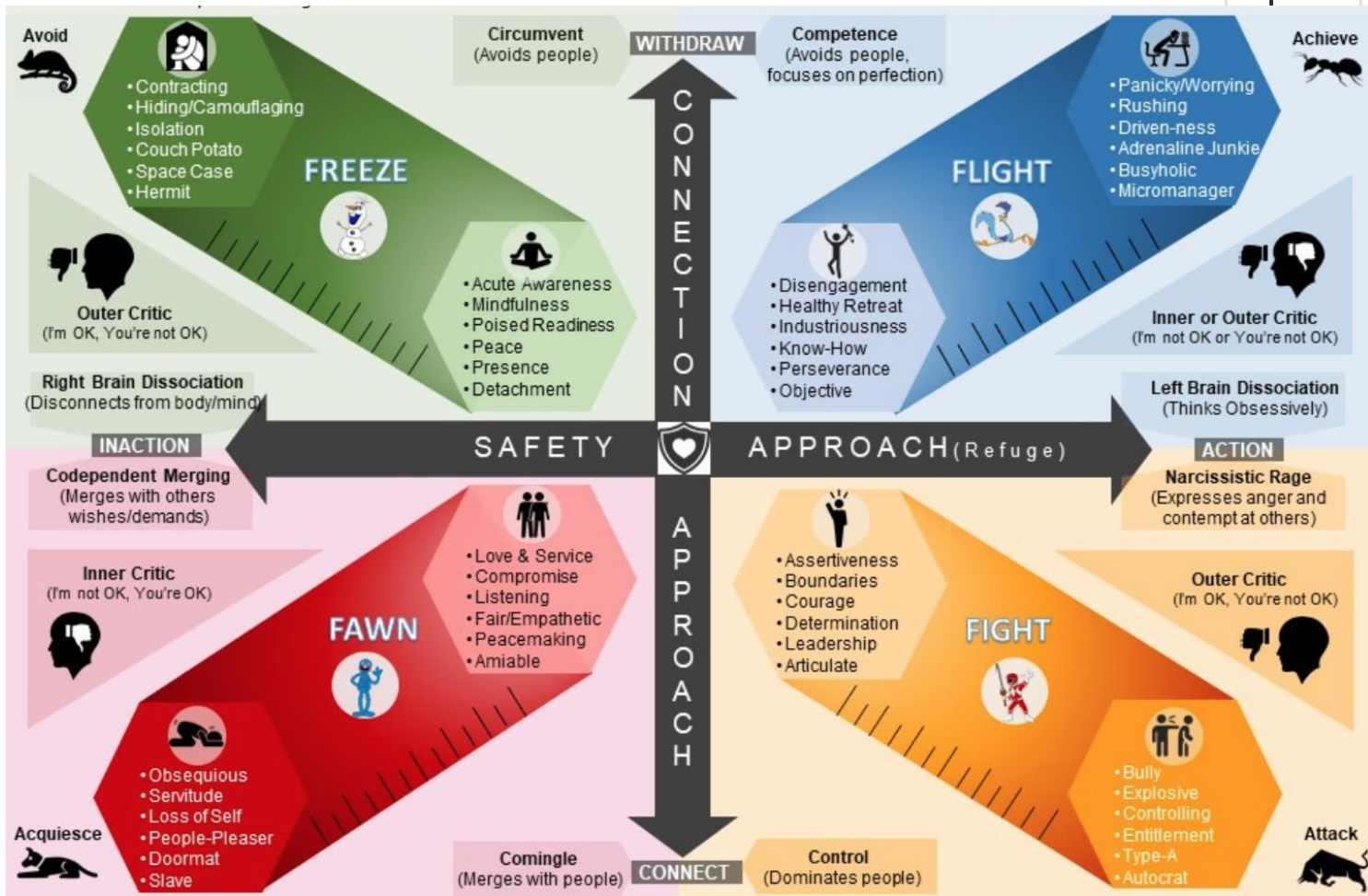


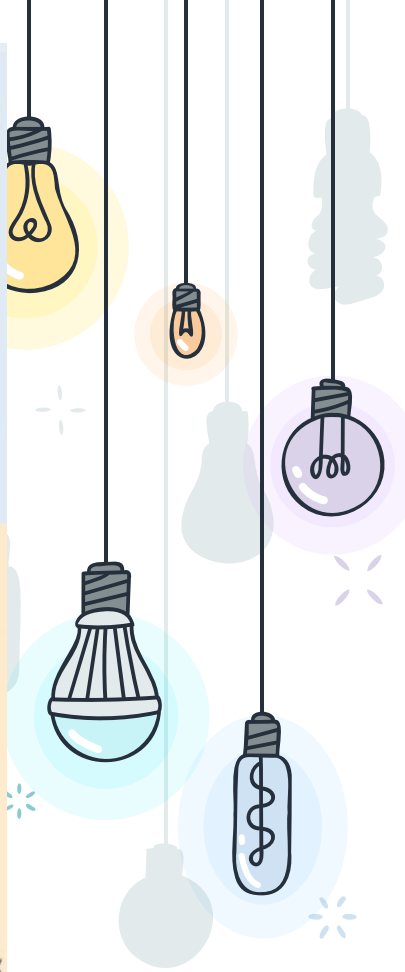
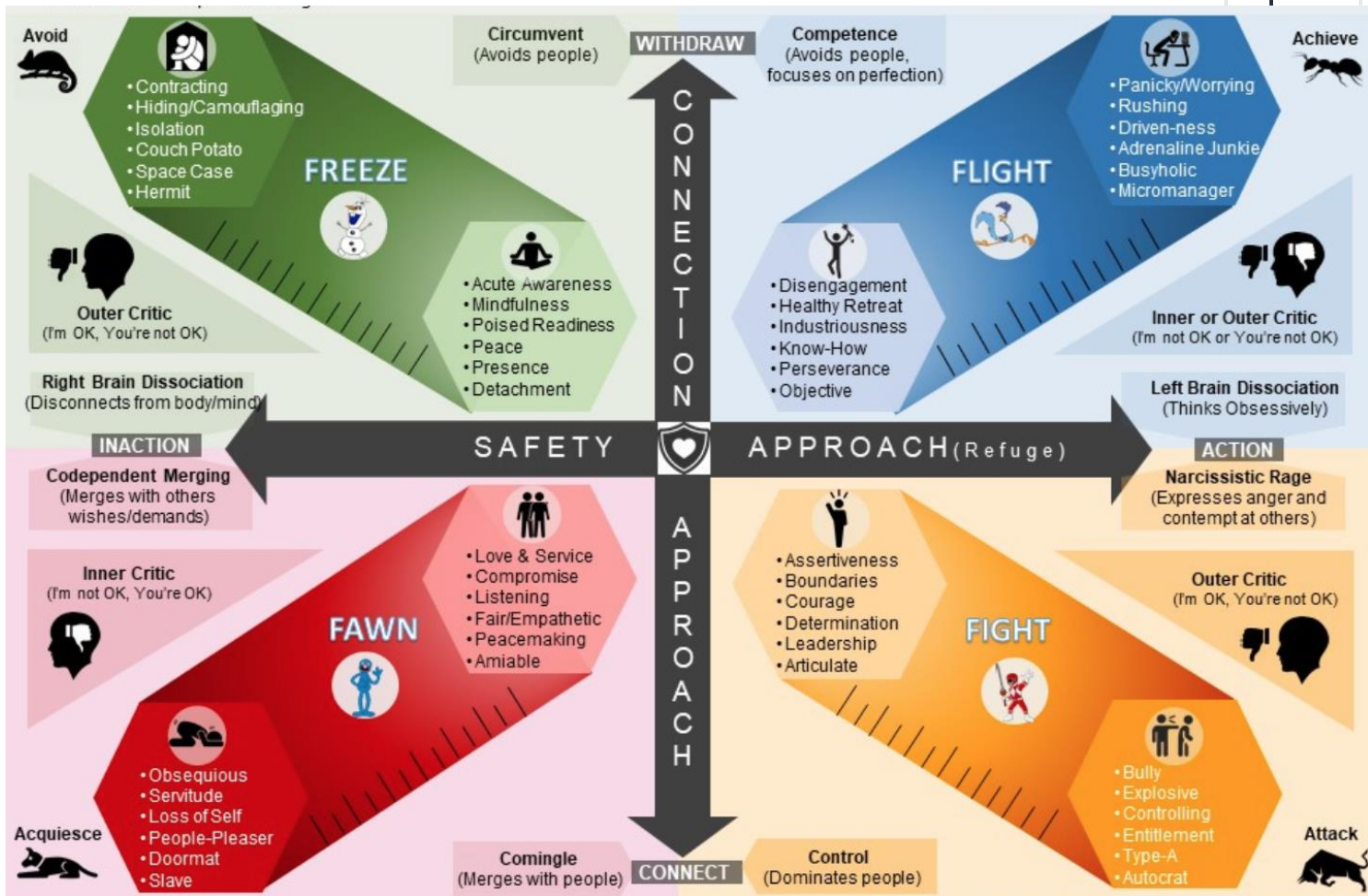
**HIDING**



**SCARED**

**BE AWARE OF THE POSSIBILITY THAT A CHILD'S BEHAVIOURS RATHER THAN THEIR WORDS MAY BE YOUR BEST INDICATOR OF THEIR ANXIETY. BEHAVIOUR MAY BE THEIR LOUDEST VOICE.**





# CONTROL

HOW PEOPLE  
TREAT EACH  
OTHER

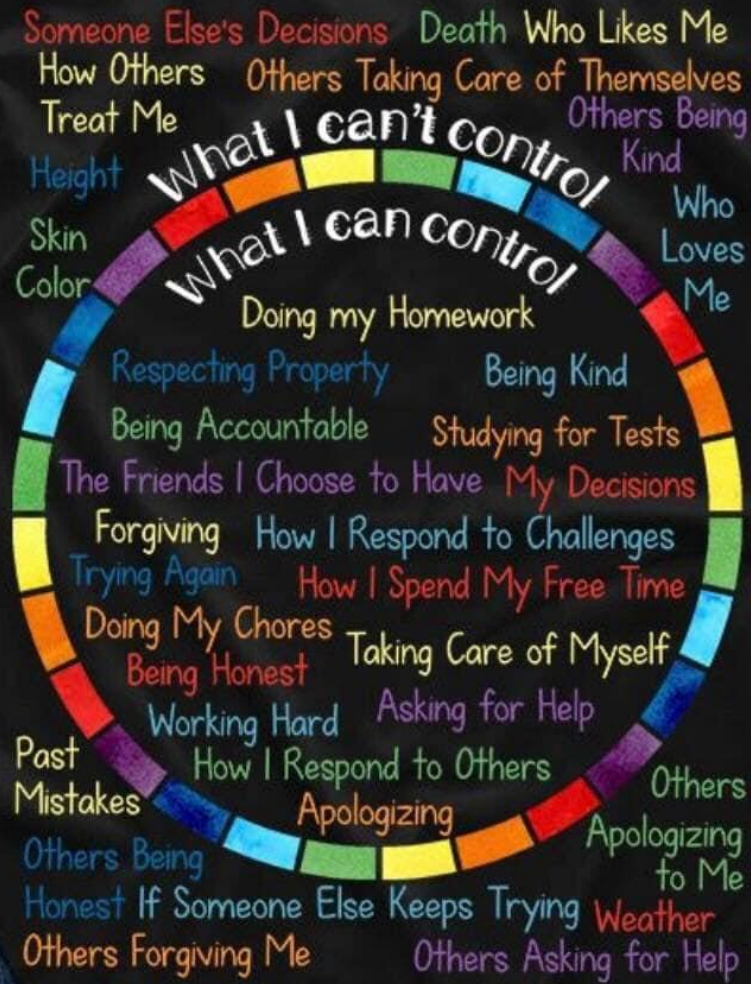
THINGS PEOPLE  
DO AND SAY



WHAT PEOPLE  
THINK ABOUT  
ME

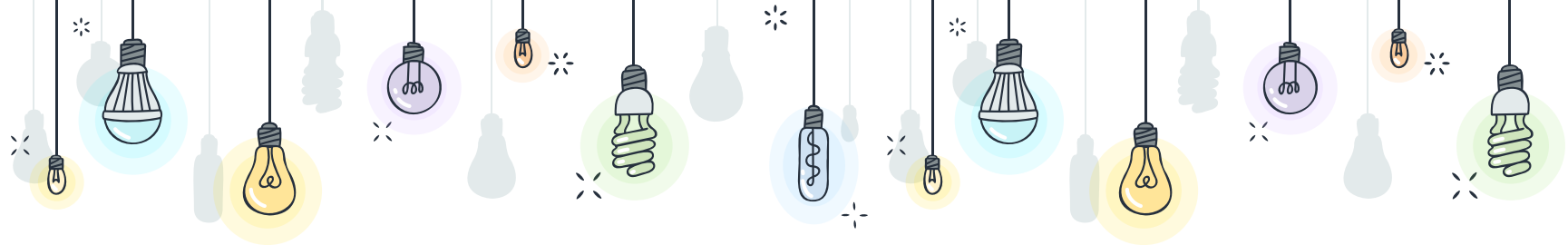
MY  
CIRCUMSTANCES





YOUR TURN





TO KNOW THE PLAN OR NOT KNOW THE PLAN,  
THAT IS THE QUESTION

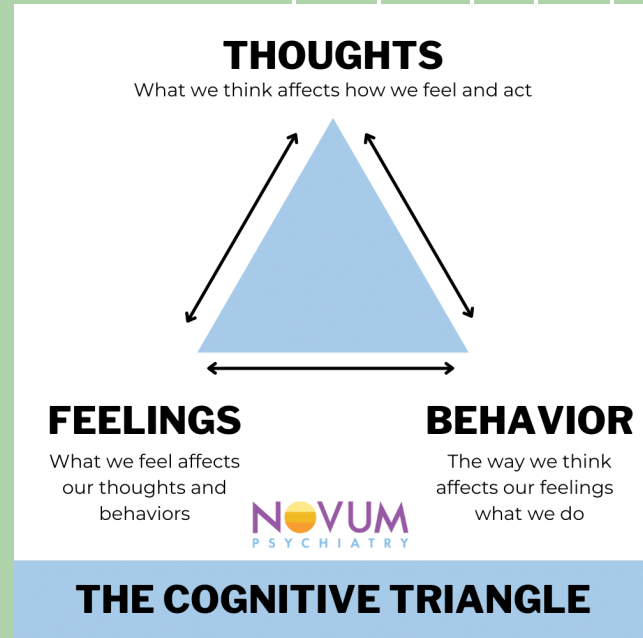


# HOW BIG IS MY PROBLEM ... ?

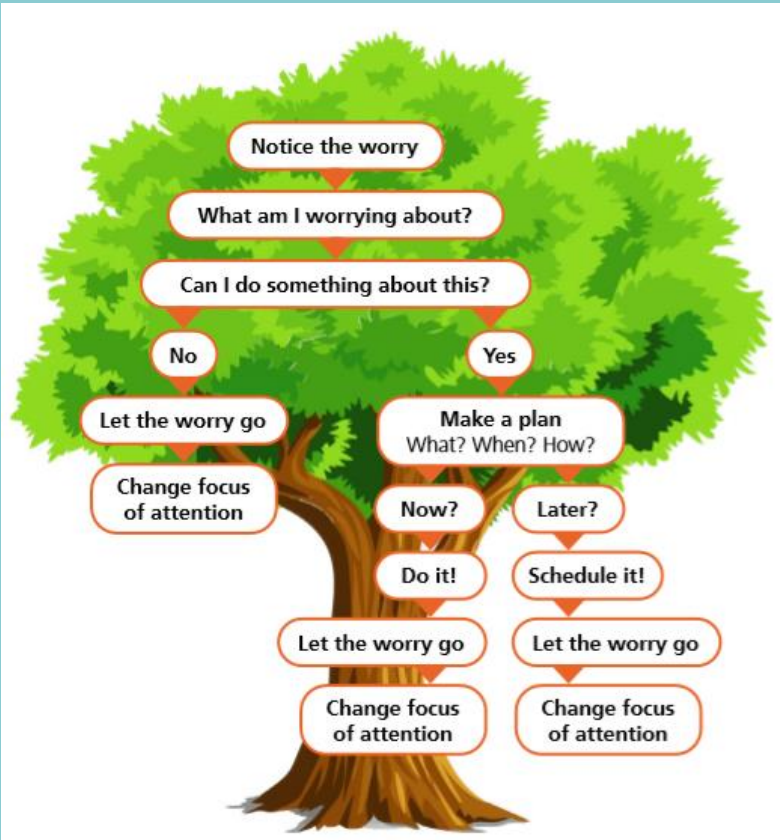


## HOW BIG IS MY PROBLEM?

<b>5</b>	<b>EMERGENCY</b> FIRE, BROKEN BONE, SOMEONE TRYING TO HURT YOU, BLOOD, DANGER	<b>I CAN</b> SHOUT, SCREAM, CALL FOR HELP, BE LOUD
<b>4</b>	<b>GIGANTIC</b> HURT, BLEEDING, SOMEONE DIED, DIVORCE, SICK RELATIVES, PANIC	<b>I CAN</b> CRY, TELL A TEACHER, TALK ABOUT IT
<b>3</b>	<b>BIG</b> FEEL REALLY SICK, SOMEONE IS BREAKING THINGS, PERSONAL SPACE INVADED	<b>I CAN</b> TELL SOMEONE, ASK FOR SOME SPACE
<b>2</b>	<b>MEDIUM</b> FORGOT HOMEWORK, ARGUED WITH FRIENDS, DETENTION, SOMEONE IS BEING MEAN	<b>I CAN</b> USE AN T MESSAGE, SAY SORRY, APOLOGISE
<b>1</b>	<b>SMALLISH</b> STUCK ON SOMETHING, SITTING NEXT TO SOMEONE YOU DON'T LIKE, LOSE YOUR PLACE	<b>I CAN</b> TAKE A BREATH, RELAX, DON'T STRESS
<b>0</b>	<b>MINOR</b> DON'T HAVE A PEN, TEACHER DIDN'T CHOOSE ME, NOT FIRST IN LINE AT BREAK	<b>I CAN</b> ASK FOR HELP, BORROW SOMETHING

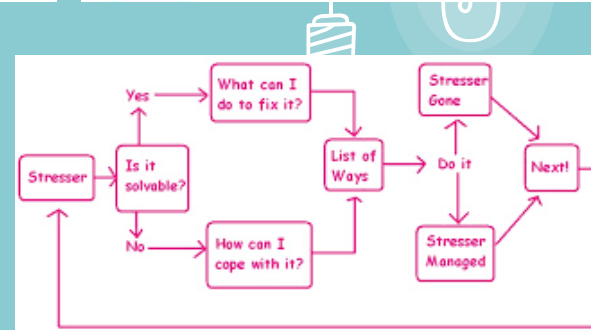
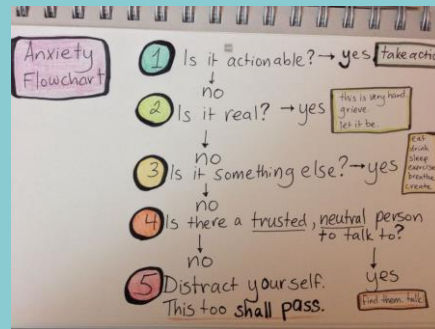


# HOW BIG IS MY PROBLEM ... ?



<b>5</b>	<b>I can't stand this and ready to explode.</b> I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.	
<b>4</b>	<b>I am getting too angry.</b> My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.	
<b>3</b>	<b>I am getting really irritated.</b> I need to walk away from a bad situation. I will tell my teacher that I need a break.	
<b>2</b>	<b>I am doing OK.</b> I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.	
<b>1</b>	<b>I am doing great.</b> I feel good about myself and about what is going on around me.	

	What it feels like	What it looks like	What can I do about it?
<b>5</b>	 Feels like <b>Bomb</b> . I can't seem to control my angry feelings. I need help.	<ul style="list-style-type: none"><li>* Shouting</li><li>* Crying</li><li>* Throwing Things</li><li>* Banging Things</li></ul>	 1. I can leave the room to an agreed safe space to calm down. 2. I can go for a walk
<b>4</b>	 Feels like <b>Red</b> . Everything seems to be going wrong.	<ul style="list-style-type: none"><li>* Head feels like it's overheating</li><li>* Start to say mean or hurtful things</li><li>* Some crying</li><li>* Take things away from people</li><li>* Banging on things</li></ul>	 1. I can go for a walk 2. I can hold my angry bear or squeeze my stress ball 3. I can bring out my calm box and do some fine motor activities
<b>3</b>	 Feels like <b>Chuck</b> . I might accidentally say or do something I didn't mean to.	<b>Anxious/Worried</b> * Don't want to talk about it * A little scared * Tummy starts to hurt * Repeating Words	 1. Take a movement break Deep breathing 2. I can have a drink of water 3. Playing with a favourite toy/reading a book
<b>2</b>	 Feels like <b>Matilda</b> . You are finding things a little hard.	<b>Might be hard for me but</b> * I will try to do it * I will let my teachers help me * I will listen	 Self talk. Reassure myself that I can do it!  Remind myself about my tokens and the rewards I will get
<b>1</b>	 Feels like <b>Stella</b> . Optimistic and Bright. I'm good at this!	<ul style="list-style-type: none"><li>* Happy</li><li>* Calm</li><li>* Peaceful</li><li>* Interested in something</li></ul>	 Stay happy!



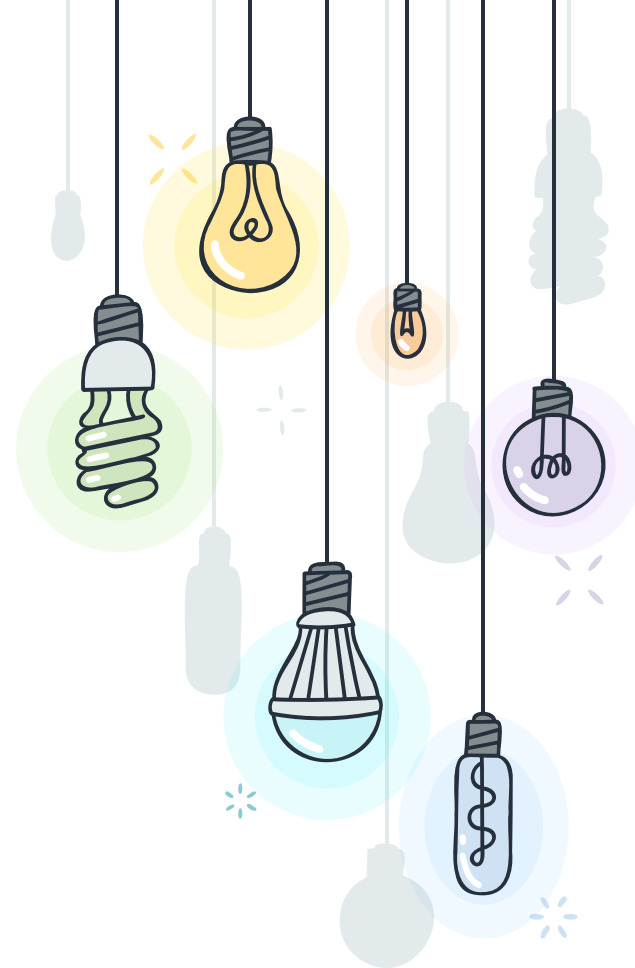
# GROWTH MINDSET



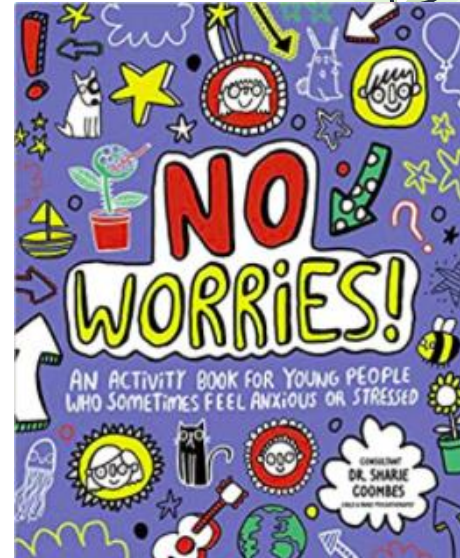
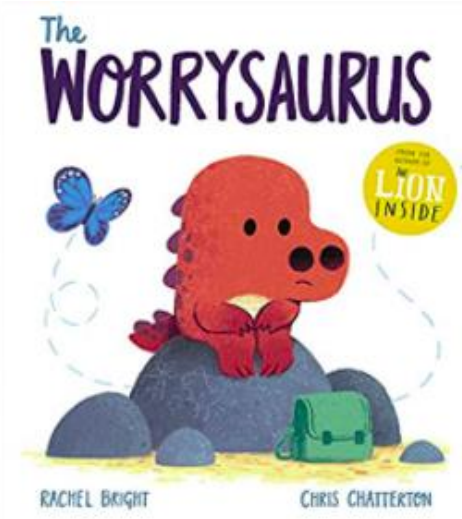
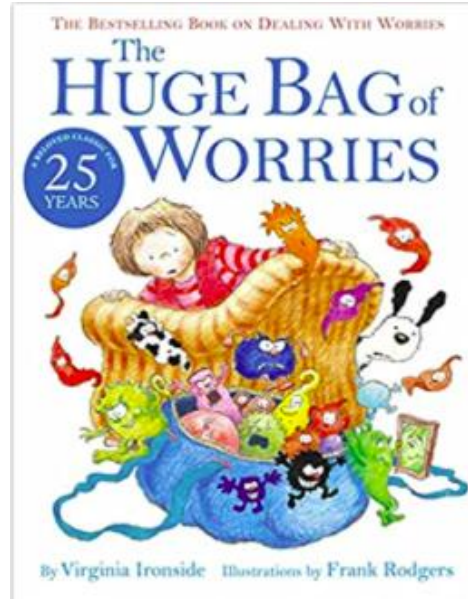
Neuro-Linguistic Programming is the study of our thought process.



“IF YOU  
REALIZED HOW  
POWERFUL  
YOUR  
THOUGHTS ARE,  
YOU WOULD  
NEVER THINK A  
NEGATIVE  
THOUGHT.”



# USEFUL BOOKS





<https://www.5pointscale.com/>

<https://www.zonesofregulation.com/index.html>

<https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>

<https://www.mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

# USEFUL LINKS

# THANK YOU!

## Do you have any questions?

Please take the slides to share with family members at home.

