

“COMBATTING ANXIETY”

Mercury bay Area School
Primary Parent Information Evening
September 2018



What is Anxiety?



Anxiety is a normal and necessary part of childhood, and every **child** goes through phases. A phase is temporary while your child learns about a new situation and gains a sense of 'control' over it. Different kids do this in different timeframes.

Where it becomes concerning is when nervousness, fear and shyness stops children from enjoying day to day activities long term. Anxiety that *doesn't* reduce over time, and affects day to day functioning, *may* indicate an **anxiety disorder**.



The Psychophysiological Stress Response “Fight or Flight”

1. Information (stimulus)
2. Interpretation (thoughts)
3. Physiological Response



What does Anxiety look like?

Agitation and restlessness

Inattention, poor focus

Complaints of headaches or stomach aches

Avoidance

Tantrums and crying

Sleeplessness

Clinging

Refusing to go to somewhere



Things your child's Teacher knows about Anxiety.....

It's not a weakness....in the child OR in the parenting.

Anxiety doesn't look the same in every child.

Children may not have the words to express what they are feeling or be able to tell you they are anxious.

When a child is anxious they are craving control.

Calming an anxious child may involve different techniques for different children - even the same child may require different tools on different days.

One of the ways we help your child with their anxiety is by being present for them.



How you can help your child with Anxiety.....

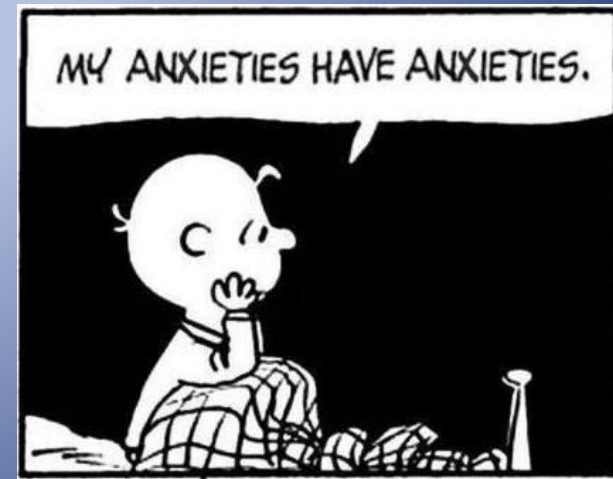
Don't get tangled up in that patch of Worry Worms.





How you can help your child with Anxiety.....

- Externalise Anxiety
- Don't avoid situations that Anxiety likes to visit
- Role model a healthy relationship with anxiety
- Don't reinforce fears – or gift your own
- Promote their strength and empowerment (write a *great story*)
- Teach your child Anxiety Management 'tools'



Anxiety Tool Kit

- Get to know 'Anxiety'
- Distraction
- Write it down
- Approaching fears (desensitising)
- Dedicated 'worry' time
- Challenging thoughts – positive self-talk
- Relaxation – grounding techniques
- Exercise to use up anxious energy



Thanks!!

