



## Anxiety

### Helping parents and carers to understand:

- What is anxiety?
- Why does it happen?
- How you can support your child?



***“Anxiety is no one’s fault and is a normal reaction”***



***Try to plot when this happens and see whether you can identify any patterns***



### What is anxiety?

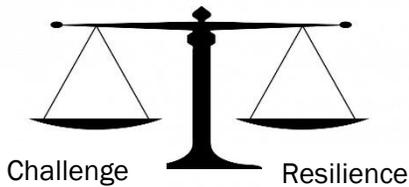
- Anxiety is normal! Everyone feels anxious and worries at some point in their lives.
- Anxiety is triggered by the perception of danger. It protects us from dangerous situations and prepares us for ‘Fight, Flight or Freeze’
- Anxiety becomes a problem when it stops people from being able to live their lives the way they want to.

### Why children & young people might be anxious

- Children who worry a lot often find it difficult to deal with the unknown or with new situations
- Children might struggle with; separating from a parent/carer, going to nursery/school or making and playing with friends
- They may have an excessive or unrealistic fear of a specific object or event or be anxious about becoming ill
- A child who experienced trauma could develop anxiety at any stage

# How can you support?

## The importance of Resilience



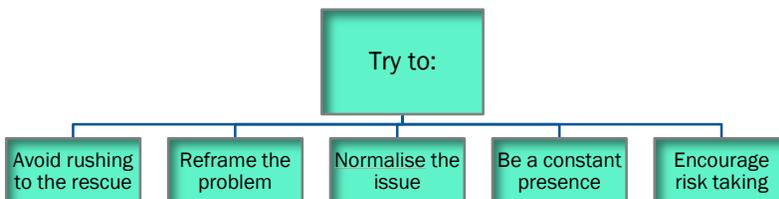
- Resilience is not something we are born with.
- You can help build another person's resilience by setting and supporting challenge or change. Try small steps and track progress. Set a goal together.
- Having resilience is about falling down and being able to get back up again. Help children to understand and accept this as a part of their development.

**With support, young children can be encouraged to face their fears and, if they do this a few times, they will feel less anxious. Young people may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment**



## Building resilience

- Resilience will develop within stable & supportive relationships; young children may feel less anxious if they are able to express & communicate their feelings in a safe & supportive environment
- Support children to resolve their own problems



- For support, more tools and resources; [nessieined.co.uk](http://nessieined.co.uk)

Connect with NESSie on:



### Resources:

*Cartwright-Hatton S, Laskey B, Rust S et al. From Timid to Tiger: A Treatment Manual for Parenting the Anxious Child. Chichester: Wiley-Blackwell, 2010.*

*Creswell C, Willefts L. Overcoming Your Child's Fears and Worries. London: Constable & Robinson, 2010.*

*Eisen AR, Engler LB. Helping Your Child Overcome Separation Anxiety or School Refusal. Oakland: New Harbinger Publications, 2006.*

*Freeston M, Meares K. Overcoming Worry. London: Constable & Robinson, 2008.*