

# MENTAL HEALTH AWARENESS WEEK

15 TO 21ST MAY 2023



# ANXIETY



## What is anxiety?

Anxiety is usually a natural response to pressure, feeling afraid or threatened, which can show up in how we feel physically, mentally, and in how we behave. Anxiety can be described as feeling of dread, fear or unease, which can range from mild to severe in some cases.

Anxiety can become a problem if worrying about lots of small things or relatively harmless situations.

It's usually when our anxiety feels really intense or overwhelming that it starts to interfere with our daily life or affect our relationships with others. Ref: NHS

## Signs of anxiety in children

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they:

- become irritable, tearful or clingy
- have difficulty sleeping
- wake in the night
- start wetting the bed
- have bad dreams

In older children you may notice that they:

- lack confidence to try new things or seem unable to face simple, everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have a lot of negative thoughts, or keep thinking that bad things are going to happen
- start avoiding everyday activities, such as seeing friends, going out in public or going to school

Ref: NHS



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Find out more about the signs of anxiety in children on the NHS website [here!](#)

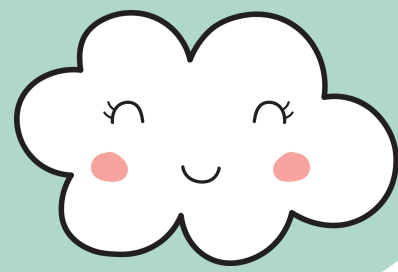
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# TIPS TO HELP REDUCE YOUR CHILD'S ANXIETY



## BREATHE

Breathing exercises can help children by relaxing the body and refocusing the mind.

Deep breathing increases the body's oxygen levels, which can have calming effects. BBC Bitesize has a breathing technique video, check it out [here](#).

## NATURE

Spending time outside in green spaces relaxes children and enhances a sense of peace. Find local parks and green spaces [here](#).

## EXERCISE

Gentle exercise such as yoga can ease the feelings of anxiety and help calm the mind. Cosmic Yoga have lots of videos available including this yoga relaxation tutorial, which you can find [here](#).

## RELAX

Encourage a calming activity such as listening to music, painting, drawing, colouring in or reading a favourite book. Print off these FREE colouring sheets from Twinkl [here](#).

## SLEEP

Getting a good night's sleep is essential for both mental and physical health. The Sleep Charity has lots of advice and relaxation tips for children [here](#).

## TALK

It's important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel. Childline has a great video which can help explain anxiety to children, check it out [here](#).

## WORRY BOX

Children can find worry boxes soothing because they: give them a physical way of getting rid of their worries.

To read more about the benefits of creating a worry box along with a 'how to' guide, visit the YoungMinds website [here](#).

The Mental Health Foundation has lots more tips and advice to reduce anxiety in children [here](#).

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# FURTHER INFORMATION & SUPPORT

The Mental Health Foundation has a range of support guides and information available. Click the bubbles to find out more.

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MINDFULNESS

PHYSICAL ACTIVITY

NATURE

NUTRITION

COST OF LIVING

Helpline Services

We're proud to support

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478  
BREATHING

PHYSIOLOGICAL  
SIGH

Body Scan

Mindful  
Movement

GROUNDING  
TECHNIQUE

Cold  
Showers

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