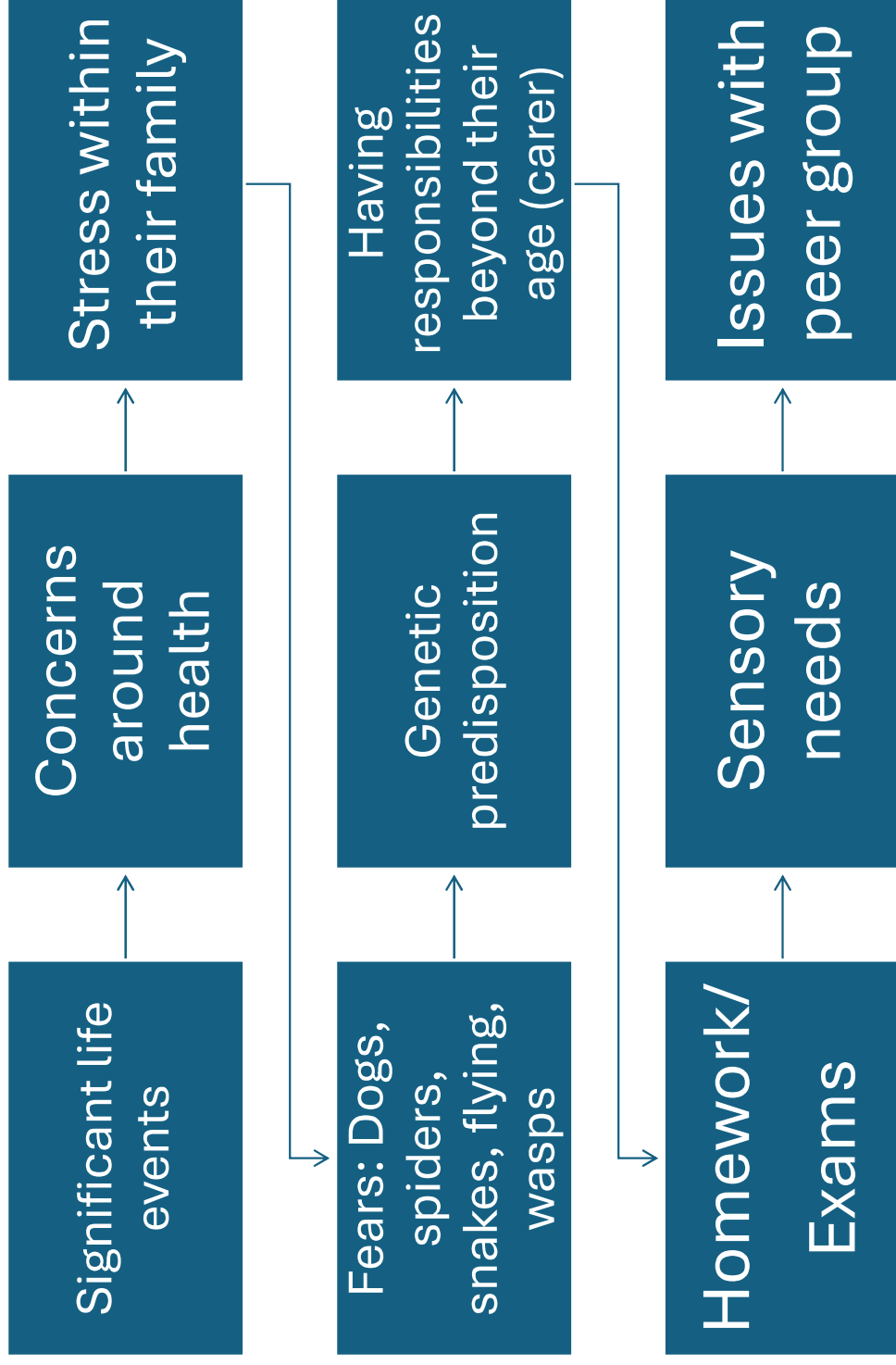


Understanding and Managing Anxiety – Take Home Slides

Some Possible Anxiety Triggers



What can anxiety look like?



Anger	Difficulty sleeping and exhaustion	Defiance	Over excitement
Unable to settle / shaky	Avoidance	Lack of focus	Negativity
	Extreme reactions	Being still / frozen	

The Less Obvious Anxiety Signs....

- Repeatedly saying “I’m fine thanks”.
- Nodding and smiling.
- Avoiding eye contact/ interactions.
- Struggling to articulate/ recognise their needs.
- ‘Bottling up’ their emotions.
- Having a smaller group of friends/ preferring their own company.
- Being compliant and well behaved and do their best to ‘blend into the background’.
- Display behaviours that are ‘quietly’ out of the ordinary for them.

Anxiety can have
a very real
impact on
people's health.

Body Signs

Dizziness or lightheaded

Blurred or very
bright vision

Feeling sick

Trembling voice

Fast
breathing

Tummy ache

Tense
muscles

Tight chest

Frequent
urination

Fight flight freeze

Throat tight and
difficulty swallowing

Headache

Shortness of
breath

Dry mouth

Ringing in ears

Tingling or
shaky
fingers

Butterflies in
tummy

Fast
heartbeat

Hot and
sweaty



Develop a Toolkit



- Focus on managing it – you may not be able to remove it.
- Encourage a good night's sleep and eat well.
- Exercise
- Acknowledge the anxiety and explain it is a normal part of most people.
- Empathise!
- Remove any triggers if this is possible.
- Give them time to talk about their worries, focusing on listening.
- Avoid suggesting that there is nothing to worry about or trivialising the worry. It is very real to them.
- Have a visual timetable on the wall to support homework.
- Have an equipment list by the door to support organisation.
- If possible, have one place to store all school-related equipment.

- Can they control the anxiety? If so, what can we do?
- Is it out of their control? Put it in the bin! Practice this style of thinking.
- Music can be very calming and soothing.
- Teach them about their body's anxiety signs so they can recognise it before it gets out of control
- Breathing exercises (e.g. hand breathing)
- Grounding – 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste.
- Journaling and writing down any worries.
- Laddering – creating a step-by-step way of managing the anxiety, increasing exposure each time.
- Regular exercise
- Mindful colouring
- Talk through how to manage any anxiety-inducing events and help them prepare.
- Teach anxiety words so that they can articulate their feelings

Referrals

- Talk to school. There is a lot they can do to help and support when armed with information
- A referral to CAMHS (Child and Adolescent Mental Health Service). There are long waiting lists.
- College leads
- The SEND team
- School Learning Mentors
- SEMHL
- COMPASS

<https://compass-uk.org/services/compass-coventry-children-and-young-peoples-mental-health-service/>

- Mind
- Early Help
- Coventry services:

<https://www.coventry.gov.uk/childrens-mental-health/childrens-mental-health-1>

Sources of Support

Dimensions Tool

- The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.
- You can rate yourself or another person against a number of dimensions related to health and wellbeing.
- The Dimensions tool is available 24/7 and creates a Dimensions report which provides information about self-care, local services and support.

To access the Dimensions of Health and Wellbeing please go to
<https://cwrise.com/dimensions-tool/>

