



Managing Anxiety

It is natural for children to feel anxious or worried too. Most children can manage their thoughts, feelings, and emotions but for others they may need some extra support.

Anxiety can be a problem when:

- It has started to disrupt their life at home or school regularly
- Constantly worries or has negative thoughts
- Finding it hard to concentrate
- Not sleeping, waking in the night with bad dreams or bed wetting
- Gets angry easily and has regular outbursts
- Feels tense and can be fidgety or may want to go to the toilet often
- Can be clingy or cry frequently
- Complains that they feel unwell e.g stomach ache/headache
- Starting to avoid activities e.g seeing friends or going out
- Wanting things to be perfect and getting upset if it's not



How can you help your child?

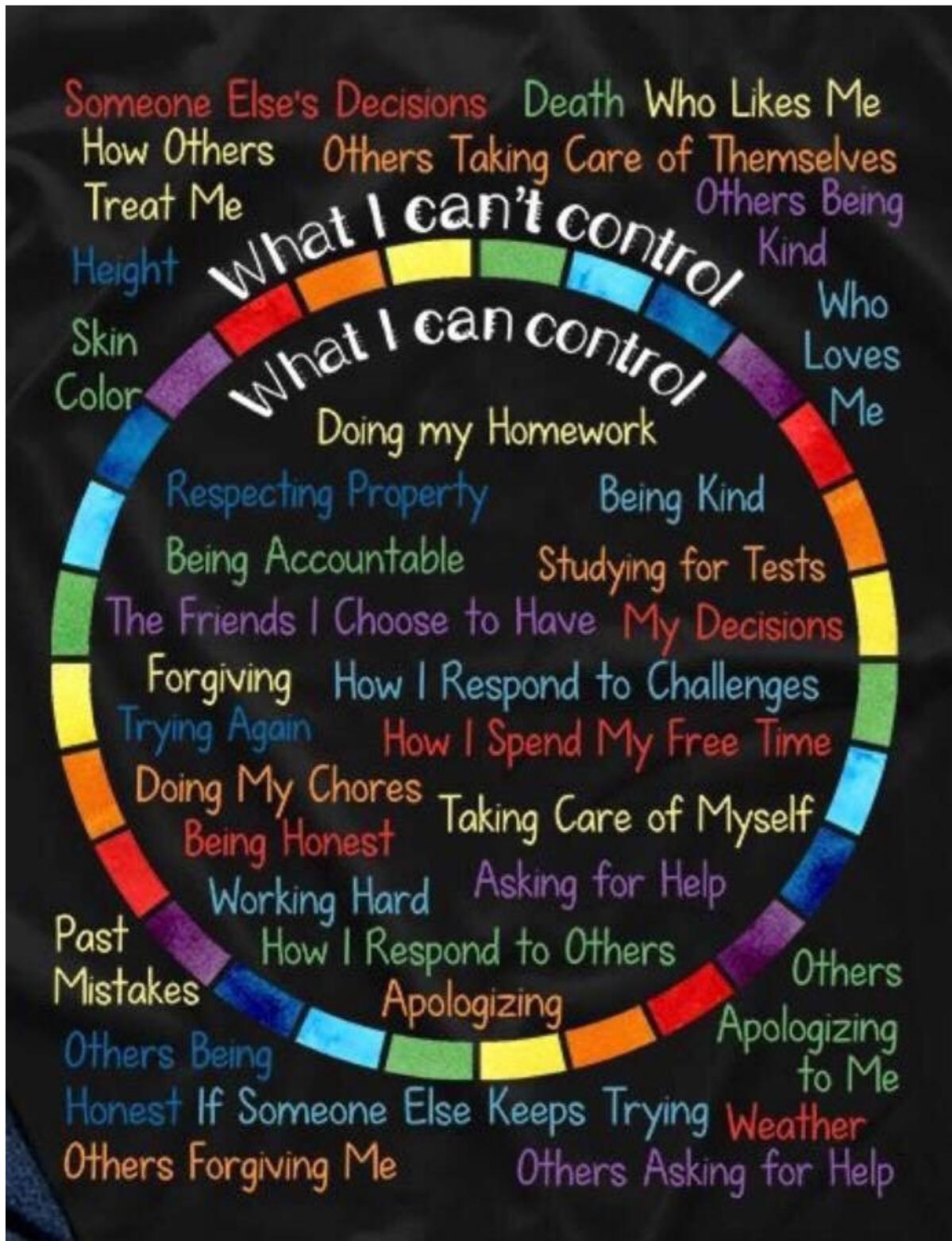
If you feel your child has anxiety there are many things you can do to help. The most important thing you can do is to talk to your child and ask them how they are feeling; often talking about a worry can make a great deal of difference to a child.

Talk about how their body feels physically when they are anxious, as many children are unable to describe this for themselves.

The circle of control can sometimes help make sense of what is going on inside their heads. Putting it down on paper can help them 'see' what they are dealing with. Being able to recognise what they CAN control and focusing their energies on these things are positive. Recognising what is outside of their control and letting these things go, can give them the opportunity to take the pressure off them.

If you want to try it with your child, try drawing a circle like in the picture below and write all of the things your child can control inside the circle and for everything they can't control write outside the circle.

This is a great visual to use with children and young people. It can also be a great conversation starter and a way of checking in on any anxiety and finding a positive way forward.



Top tips from Mentally Healthy Schools