

# Introduction to Child Anxiety Workshop

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**achieving  
for children**



**These resources are developed and delivered to you  
by the school based mental health support team**

**Please complete the pre-workshop  
form using the link attached below to  
help us design resources that support  
you!**

<https://docs.google.com/forms/d/1vM0uYEt4FBy56dGAaj28HybwhjG1Pe9uO6WDvE38Qm8/edit>



# Please note

In order to hear the voiceover, please download this Powerpoint and press 'Start Presentation'. The presentation will then automatically run with sound.

*NOTE: The sound will not play if you are viewing the presentation online on 'Google Slides.'*



# What to expect

- ❑ This workshop will be split into three 20 minute sessions.
- ❑ After each video session, we will provide a follow up appointment on Google Hangouts where you can speak to a mental health practitioner via webcam and ask any questions that you may have from the video.



# Aims for the Workshop

- ❑ Session 1: Explanation about anxiety in children.
- ❑ Session 2: How child anxiety may develop and factors that keep it going.
- ❑ Session 3: Strategies to manage anxiety and build confidence in your anxious child.



# What is anxiety?

- ❑ Anxiety is a normal emotion that everyone experiences.
- ❑ It is a physiological reaction that occurs in response to a perceived harmful event or threat to survival.
- ❑ A small amount of occasional anxiety in certain situations is normal and can actually be helpful.
- ❑ When anxiety becomes a problem is when it interferes with daily life.



Avoidance

Disturbed  
sleep

Withdrawn/  
shy

Heart  
palpitations

Refusing to  
go to  
school

Not being  
able to  
concentrate

Shaking

Illness/ sick  
days

# What does anxiety look like in children?

Sweating

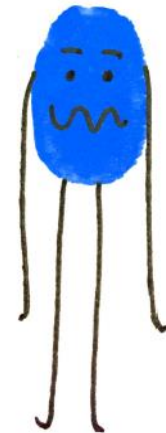
Phobias

Panic  
attacks

Shortness  
of breath

Worrying  
over small  
things

Intrusive  
thoughts



# Anxiety and age

Age	Common fears and worries
0-6 months	Strong sensory stimuli (e.g. loud noises); loss of support (e.g. falling).
6-12 months	Strangers; separation from caregivers.
2-4 years	Imaginary creatures (monsters); the dark;
5-7 years	Animals; natural disasters; injury/ illness; media-based fears (e.g. killer clowns).
8-11 years	Poor academic and athletic ability.
12-18 years	Peer rejection; world issues
Adulthood	Illness, death.





# When does child anxiety become a problem?

## Key indicators for support:

- ❑ Avoidance
- ❑ Attainment/ attendance issues
- ❑ Not accomplishing key appropriately developmental tasks

## Things to consider:

- ❑ When did the symptoms develop?
- ❑ How strong is their worry?
- ❑ Is their anxiety stopping them from doing what they want to/ should be doing?
- ❑ Is it stopping YOU from what you want to/ should be doing?



# Different types of anxiety in children

Generalised anxiety/ worry

Social anxiety

Separation anxiety

Health anxiety

Phobias

Panic

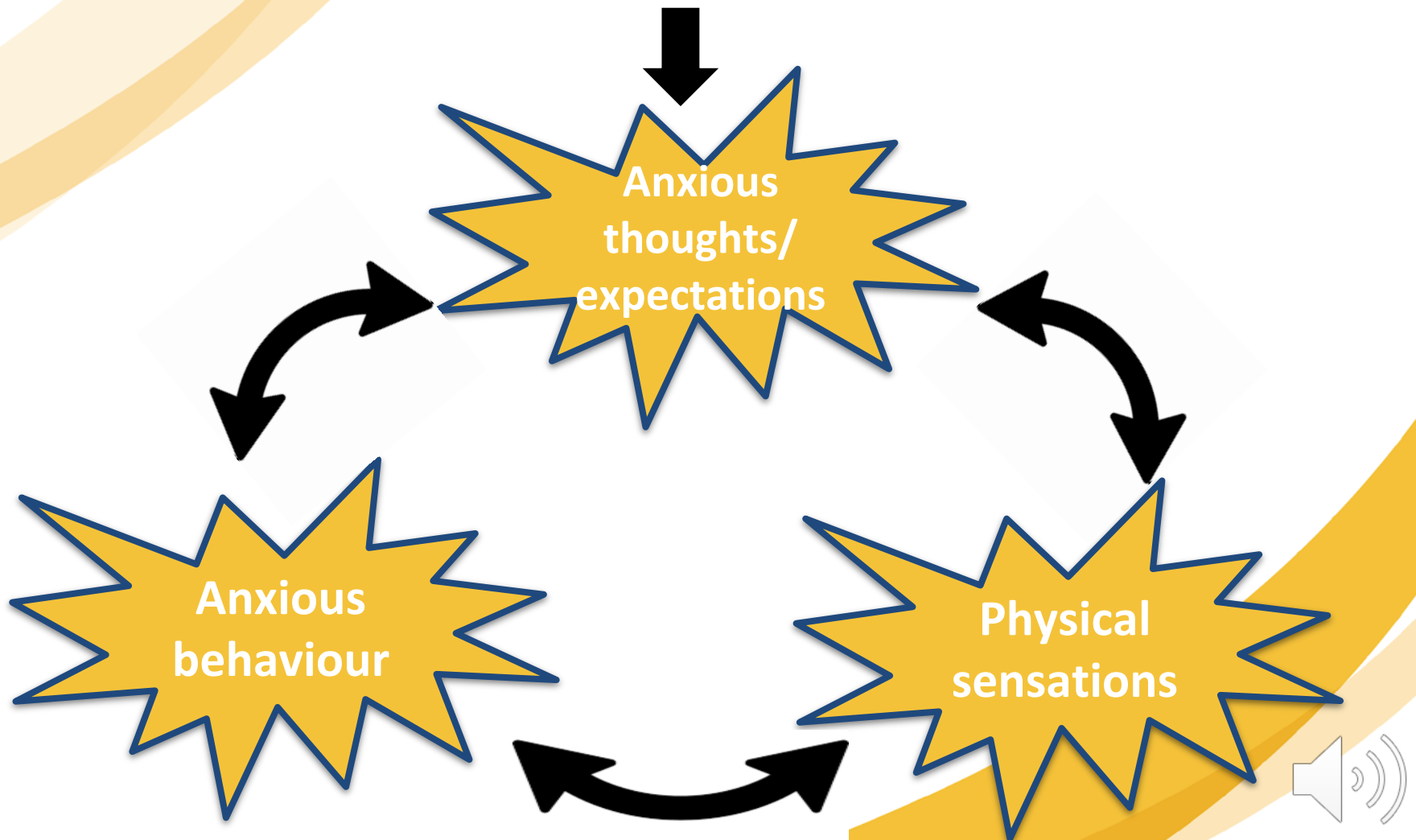
Obsessive compulsive disorder

Post trauma anxiety



# Anxious cycle

Perceived anxious situation (trigger)



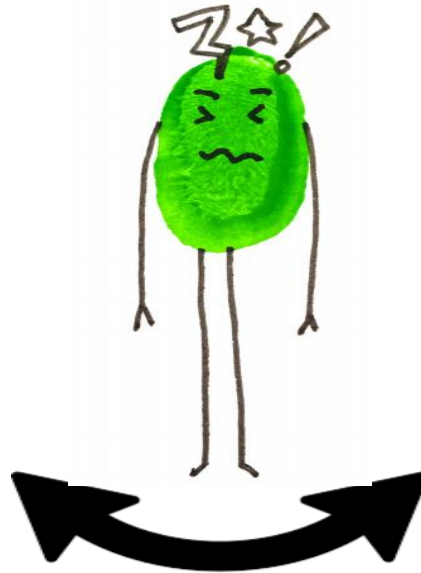
# Anxiety cycle example

**Trigger: answering a question at school**

**Thought:** 'I will make a mistake and everyone will think I'm stupid.'

**Behaviour:** avoids putting hand up, worries about getting chosen by teacher.

**Physical sensation:** Shaking, sweating, throat tightens, trembling.



## What to expect now:

- ❑ Your practitioner will have emailed you with the date and time of the Google Hangouts meeting, and information about how to join this online meeting.
- ❑ The Google Hangouts meetings are not compulsory to attend, but are available if you have any questions from this video or would like to discuss anything in more detail with a practitioner.
- ❑ Next session = 'How child anxiety may develop and factors that keep it going.' *(This session video will be sent out after the Google Hangouts meeting has occurred).*

