

Anxiety Parent Workshop

**We are part of the West Hampshire Mental
Health Support Teams.**

Please complete the
questionnaire before
we start.

An illustration of three young men in school uniforms walking on a green path. The man on the left has dark skin and curly hair, wearing a black jacket with orange trim and a striped tie. The man in the middle has red hair and is wearing a grey suit with a striped tie. The man on the right has blonde hair and is wearing a black suit with a striped tie. They are all looking towards the right. The background is a stylized landscape with blue hills and a white building.

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Agenda

1. Welcome
2. What is anxiety?
3. When & why does anxiety become a problem?
4. Anxiety disorders
5. Causes of anxiety
6. Maintenance of anxiety
7. How to help your child
8. Helpful resources



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Ground Rules

- Be kind to yourself
- Confidentiality - this is a safe space
- No question is a silly question
- We show respect to everyone
- Non-judgemental
- Phones on silent please
- Questions will be answered at the end

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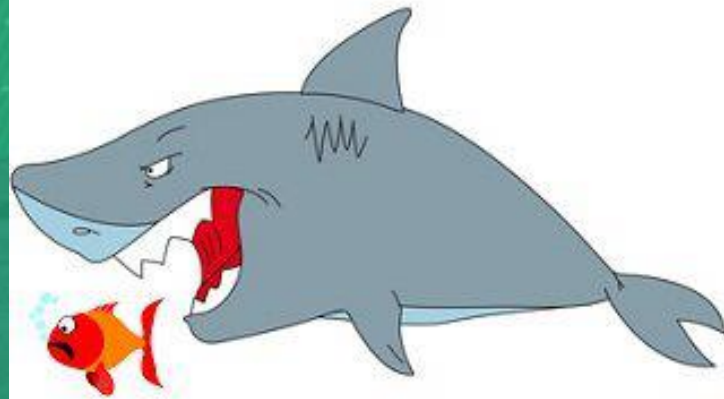
[Fight Flight Freeze – Anxiety Explained For Teens - YouTube](#)

Fight, flight or freeze

When we are in an anxiety-provoking situation, our in-built alarm system goes off, which tells us to fight, flight or freeze to keep ourselves safe.

However, it can also be set off when we are not in danger.

FEAR



**Stress Response from
Immediate Danger!**

ANXIETY



**Stress Response just
from your Thoughts!**

What is anxiety?

- A natural evolutionary response
 - Fight/Flight/Freeze
- Experienced by everyone
- It is meant to be helpful
- Causes cognitive, physical, emotional, and behavioural responses to anxiety-provoking stimuli



Common Symptoms

Physical

Headache
Tummy ache
Sweaty palms
Heart beating faster
Dry mouth
Feeling sick

Behavioural

Avoidance
Being quiet/withdrawn
Being more chatty
“Acting up”
Crying

Emotional

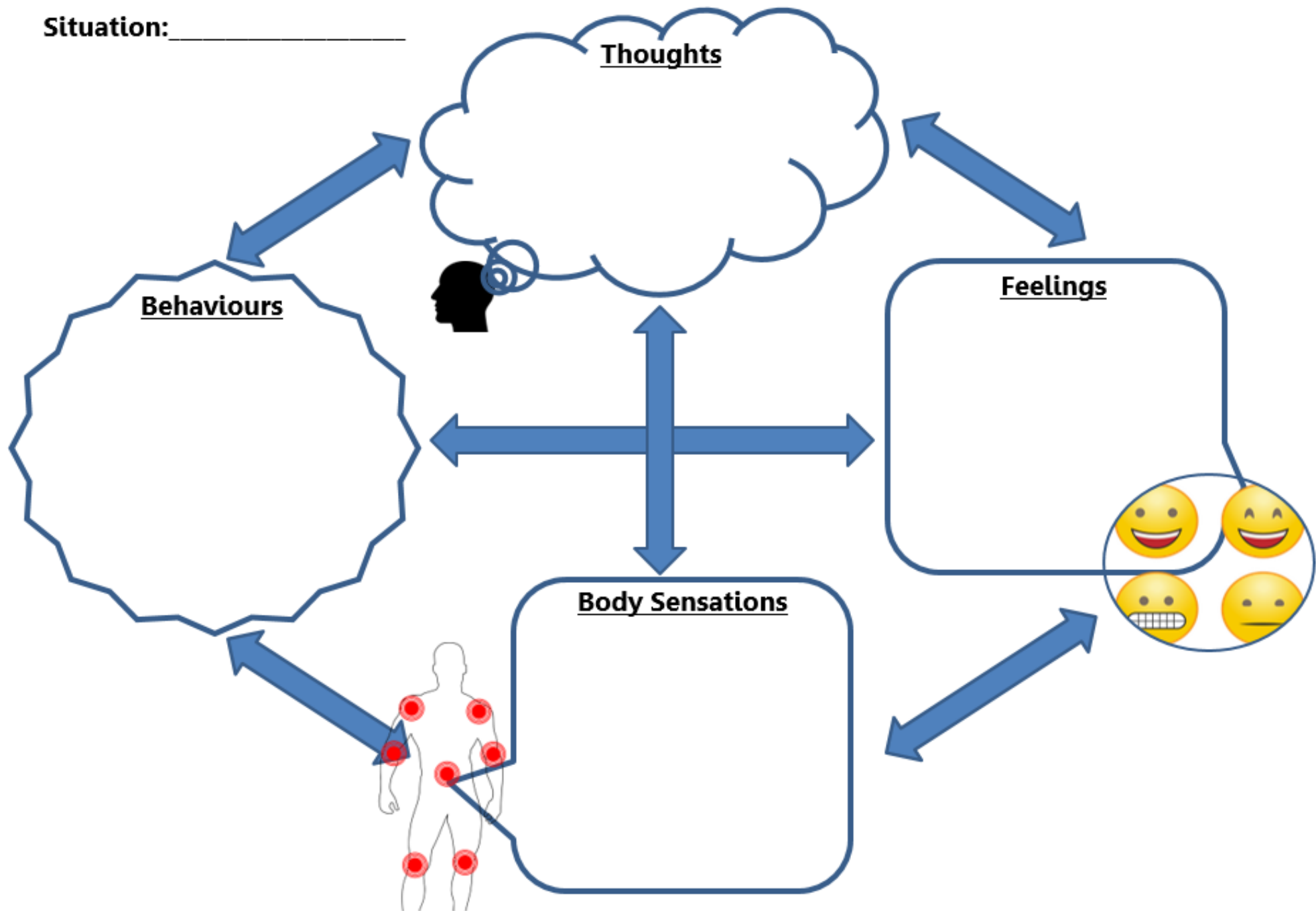
Worried
Upset
Stressed
Angry
Numb
Confused

Cognitive

Worries or negative thoughts about the anxiety-provoking situation, about their ability to cope, or about other peoples' perceptions



Situation: _____



If anxiety is so useful then why does it become a problem?

Why?

- The cognitive, physical, emotional, and behavioural responses to anxiety make the anxiety feel worse, and we feel unable to cope.
- Anxiety has not evolved as fast as the world around us.

When?

- When it is affecting daily functioning, and self-management has not helped
- When social life, school attainment, and overall wellbeing is being impacted



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Different Types of Anxiety

Anxiety doesn't come in one shape or form.

- People have individual differences or experiences
- There can be different or interacting causes
- Anxiety can vary in intensity or severity
- People may have different maintenance factors

Why my Child??



<https://www.verywellmind.com/social-anxiety-disorder-causes-3024749>

- Significant Life Events
- Genes
- Learned Behaviour

or a combination of these....

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What keeps the anxiety going?



- Avoidance
- Safety behaviours
- Reassurance
- Missed opportunities for coping
- Other people's reactions / responses
- Lack of confidence – specifically in their ability to cope
- Lack of independence
- Thoughts/Worries becoming stuck

The Cycle of Avoidance





*How can I help
my child?*

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Educate Your Child

- Educating them about anxiety helps them to understand what is happening and why they feel that way
- Educating them lets them know that you understand
- Educating them about what you can do to help them overcome anxiety helps them to know what they can expect

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An illustration of a family picnic in a park. A woman, a man, and a child are sitting on a white blanket on a green lawn. The woman is holding an orange, and the man is holding a cup. In the background, there are other people playing in the park, a city skyline, and a large yellow sun. The scene is set against a blue sky with a red shape in the top left corner.

Monitor Your Responses

- Be curious about their worries
- Normalise and empathise
- Reduce the reassurance that you give to encourage independent thinking
- Be a role model

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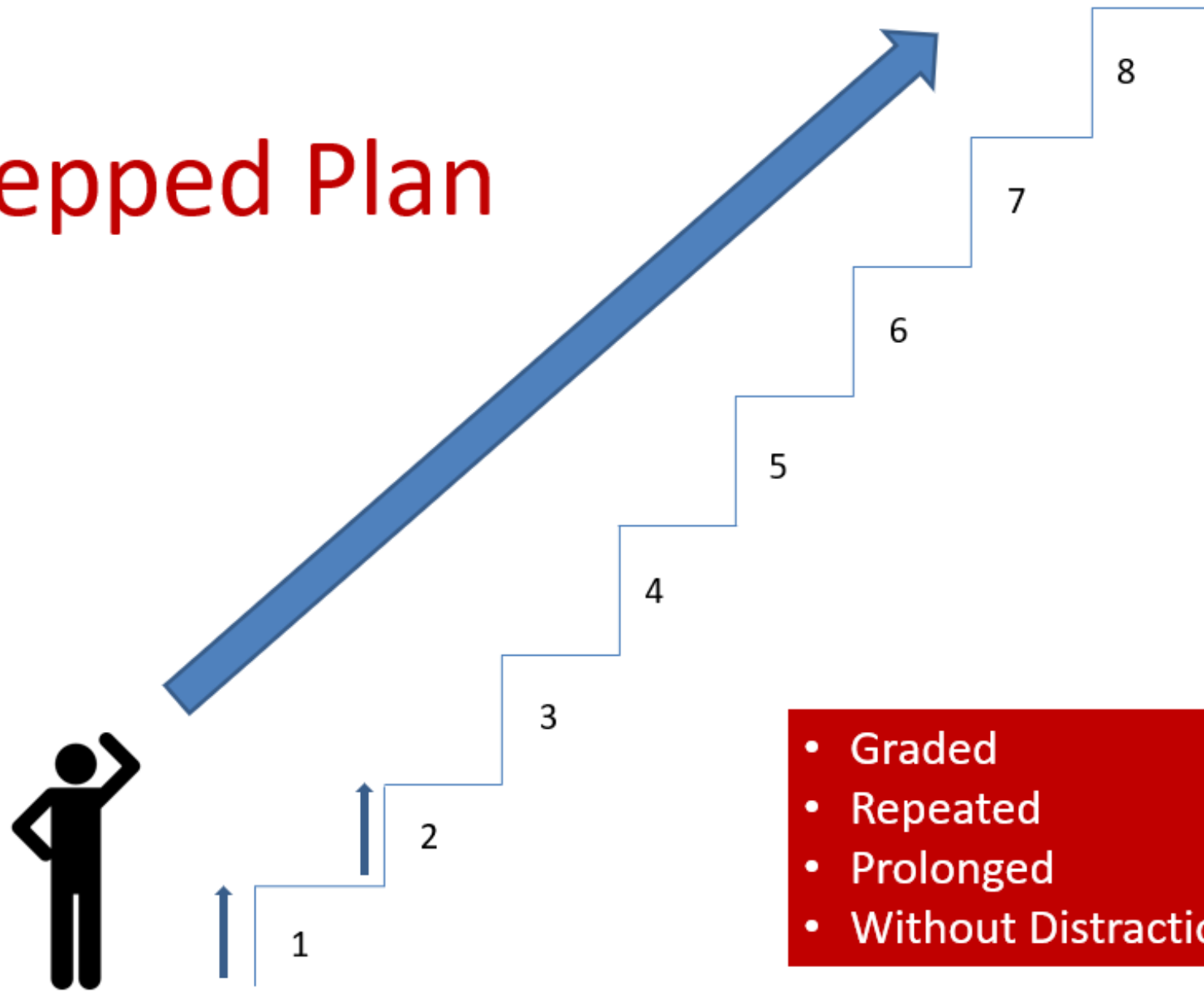
Take Steps to Improve Confidence and Resilience

- Encourage independent behaviour
- Encourage them to try new or challenging things
- Use praise and rewards when they are brave or try new things
- Don't let your child use anxiety as an excuse

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Stepped Plan



- Graded
- Repeated
- Prolonged
- Without Distraction



Even if you don't think your child is anxious now, you can begin using these strategies to prevent the onset of anxiety, and promote their confidence and resilience.

Helpful Resources

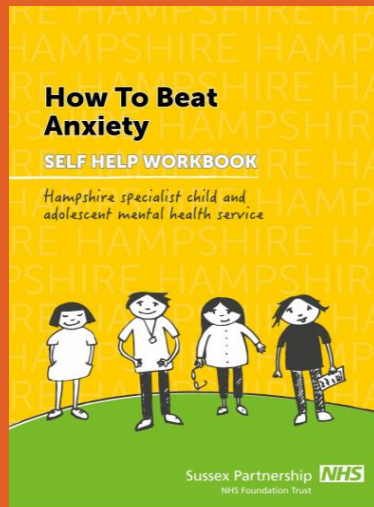
Apps:

Mindshift

Headspace

Self help for anxiety management (SAM)

Worry Box



Hampshire CAMHS How To Beat Anxiety Workbook – www.hampshirecamhs.nhs.uk

Books:

Helping Your Child with Fears and Worries by Cathy Cresswell and Lucy Willetts

What To Do When You Worry Too Much by Dawn Huebener



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Helpful Resources: Activities



Mindfulness:

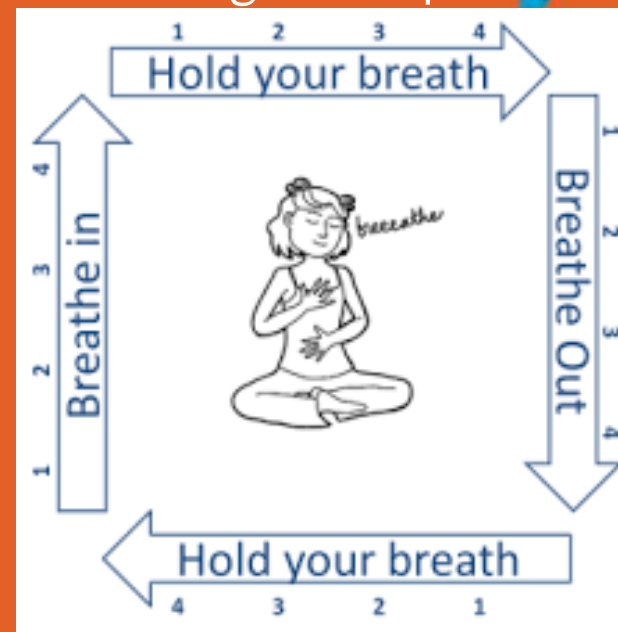
<https://hampshirecamhs.nhs.uk/video/leaves-on-a-stream-guided-mindfulness/>

Self Soothe box

<https://hampshirecamhs.nhs.uk/video/5-of-7-make-your-own-self-soothe-box/>



Breathing techniques



If you need further help...

You can speak to your school's Mental Health Lead about a potential referral to the Mental Health Support Team.

If you would like a copy of today's slides, speak to your schools Mental Health Lead



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*Thank you
for listening*



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