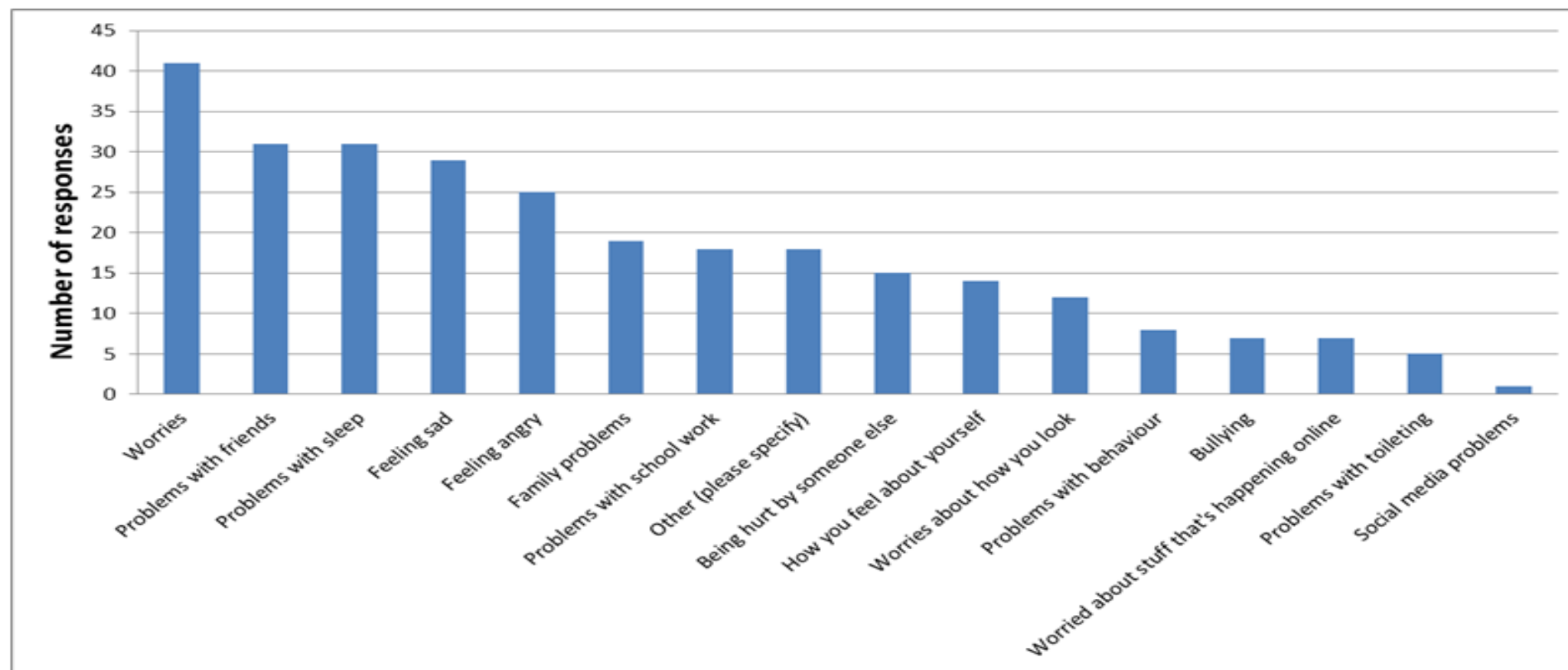




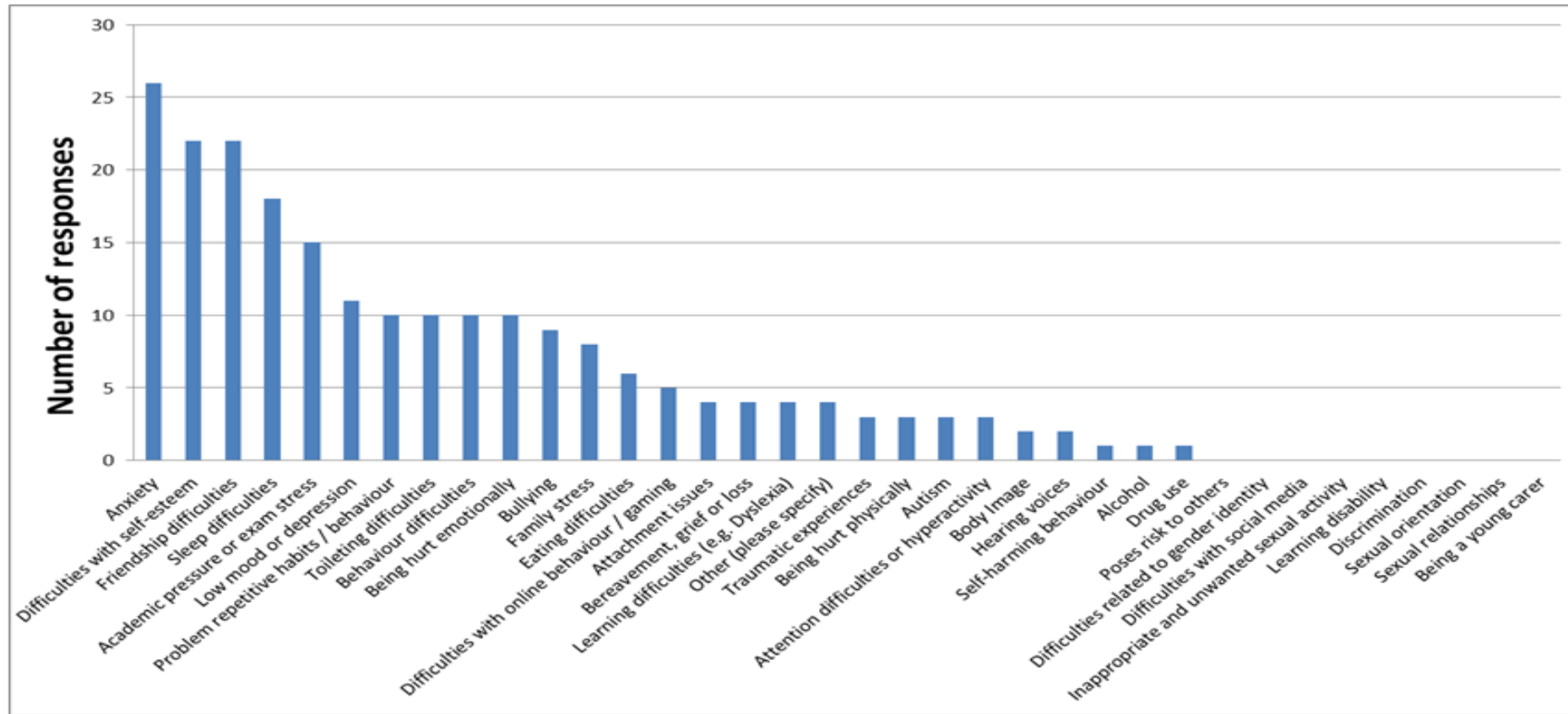
## **Parent/Carer Workshop: Anxiety: Supporting your child**

Dr Claire Ogielka  
Clinical Psychologist  
CAMHS

## Which of these are the biggest problems for you?



## Parent concerns (based on 56 responses)



# What is anxiety

- **Anxiety is a normal reaction**
- **Fight/flight - When we feel scared or under threat, our body releases a chemical called adrenaline that prepares our body to cope with a physical threat by making us able to be stronger and faster**
- **Anxiety helps keep us safe**





Focus on what might be threatening



Hide from it

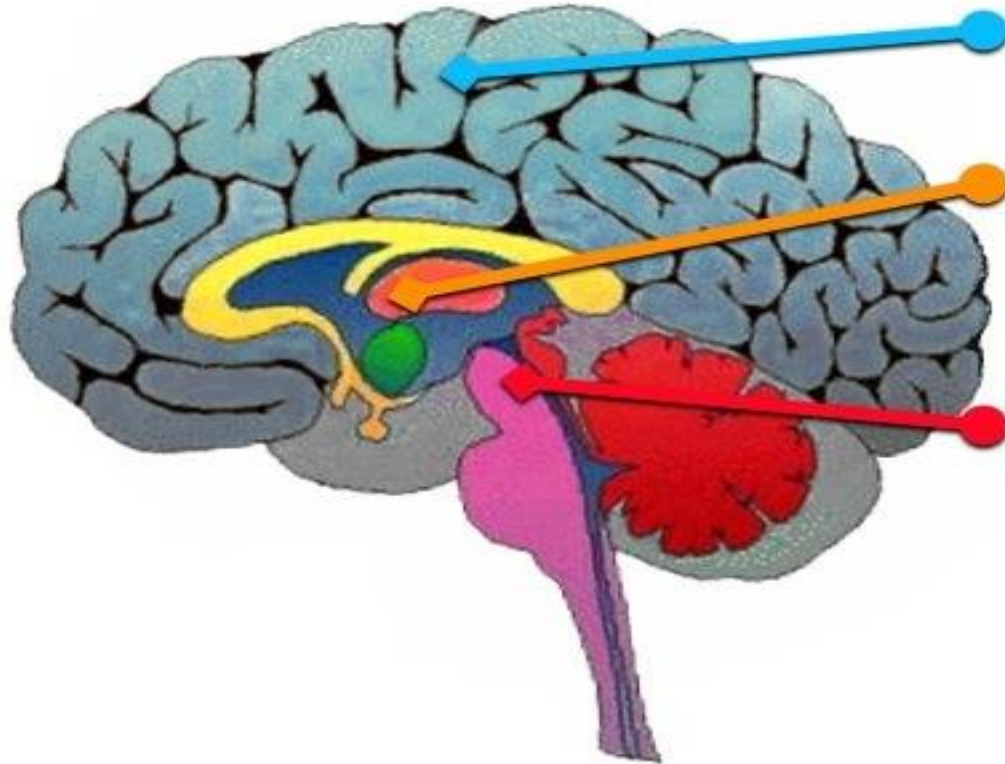
Fight with it



Run away from it

- Anxiety is a normal part of everyday life.
- Anxiety is understandable.
- It can be really hard when we feel anxious.
- Sometimes anxiety can become really difficult and can feel like it takes over our life.
- Anxiety can stop us from doing things we want to or need to do in our life.

# Thinking about the brain...



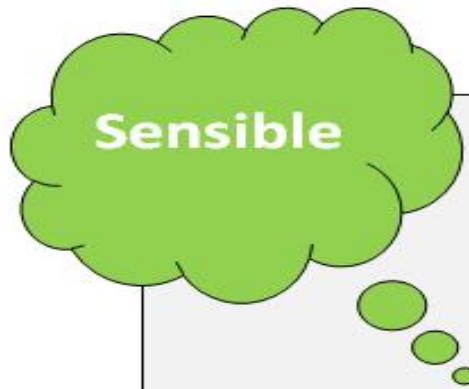
## 'Thinking Brain'

- Calm
- Can think about the world, other people and their needs
- Can think about the future and past
- Can think rationally

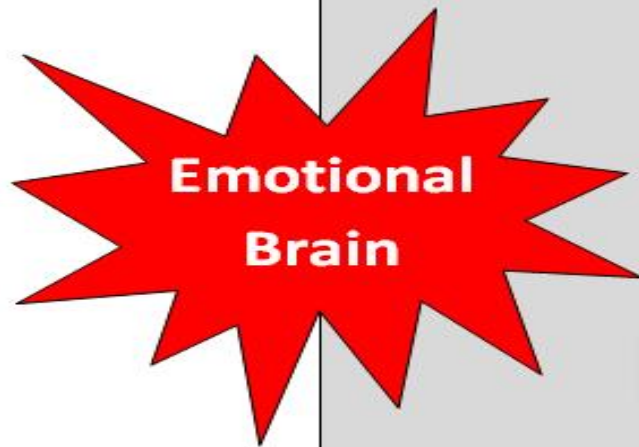
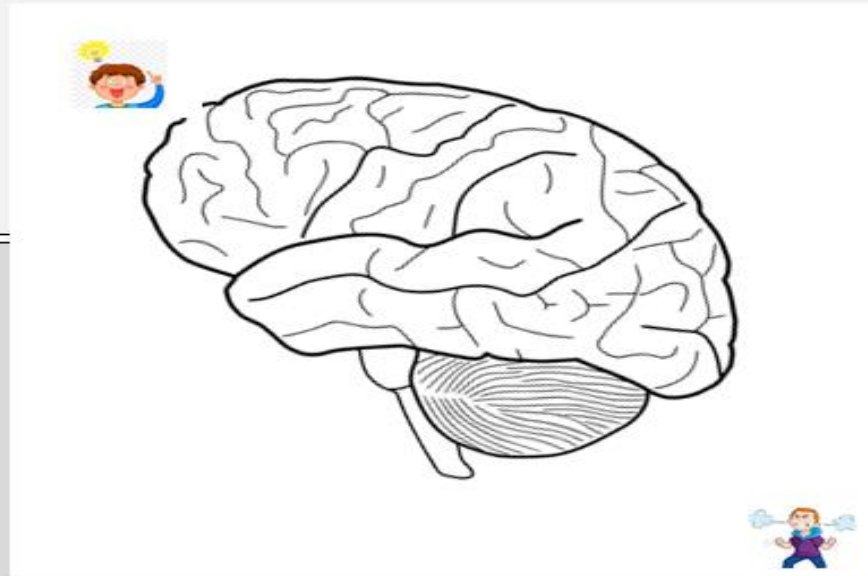
## 'Alarm System'

- Anxiety, fear, anger
- Reactive state/ on guard
- Brain focuses on keeping you safe
- Brain focuses on the here and now





## Upstairs Brain



## Downstairs Brain







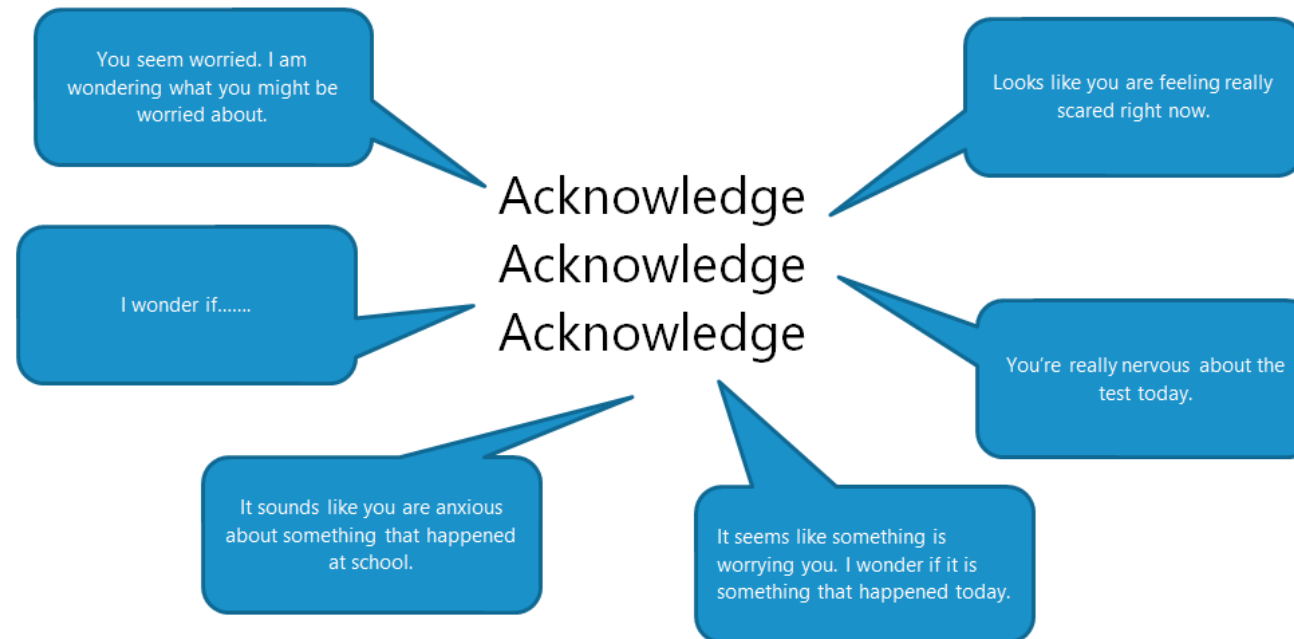
What makes  
anxiety worse?



What helps anxiety?

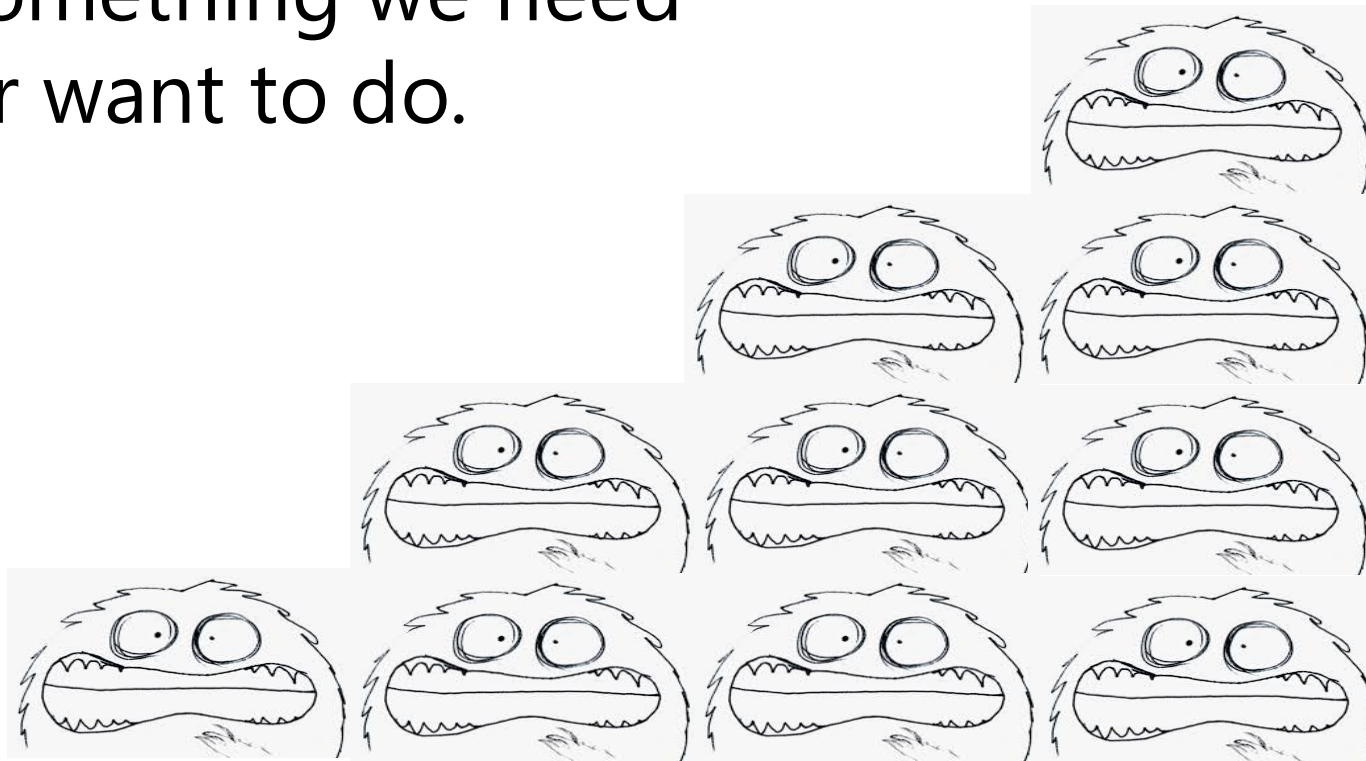


**Acknowledge** how your child is feeling – let your child off load, process their feelings, feel heard and understood – hold back your need to rush in with advice or reassurance



- **Talk to your child about what happens to our body when we get anxious**
- **The goal isn't to completely eliminate anxiety, but to help your child to manage it**
- **Try not to avoid doing things that make your child anxious**
- **Express positive—but realistic—expectations**
- **Try not to reinforce your child's fears**
- **Encourage your child to tolerate their anxiety**
- **Try to keep the anticipatory period short**
- **Think things through with your child – what might happen?**
- **Try to model healthy ways of handling anxiety yourself.**

When we feel anxious  
about doing  
something we need  
or want to do.

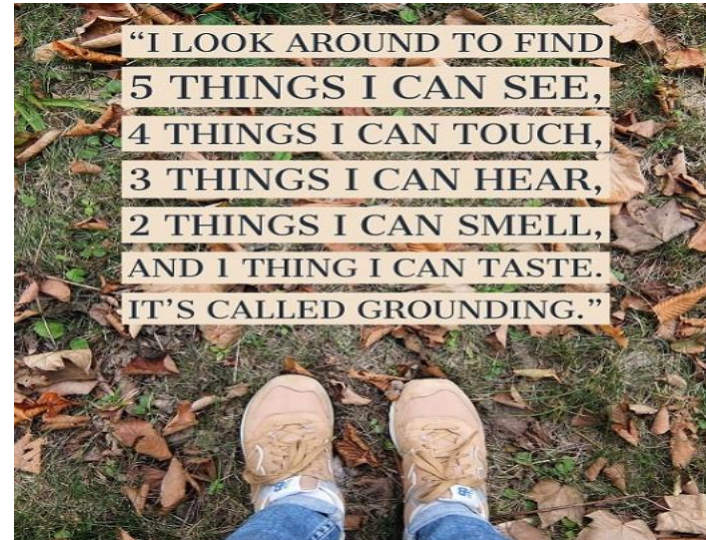
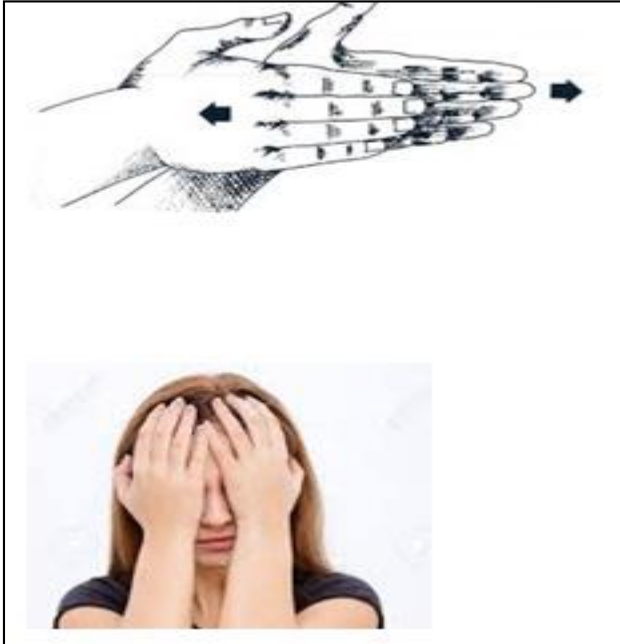


Breaking tasks down in to  
small achievable steps.

It is like making the  
anxiety smaller so the  
child is better able to face  
it.

They can then feel that  
they have managed to do  
the task and have coped  
with the feeling of anxiety.





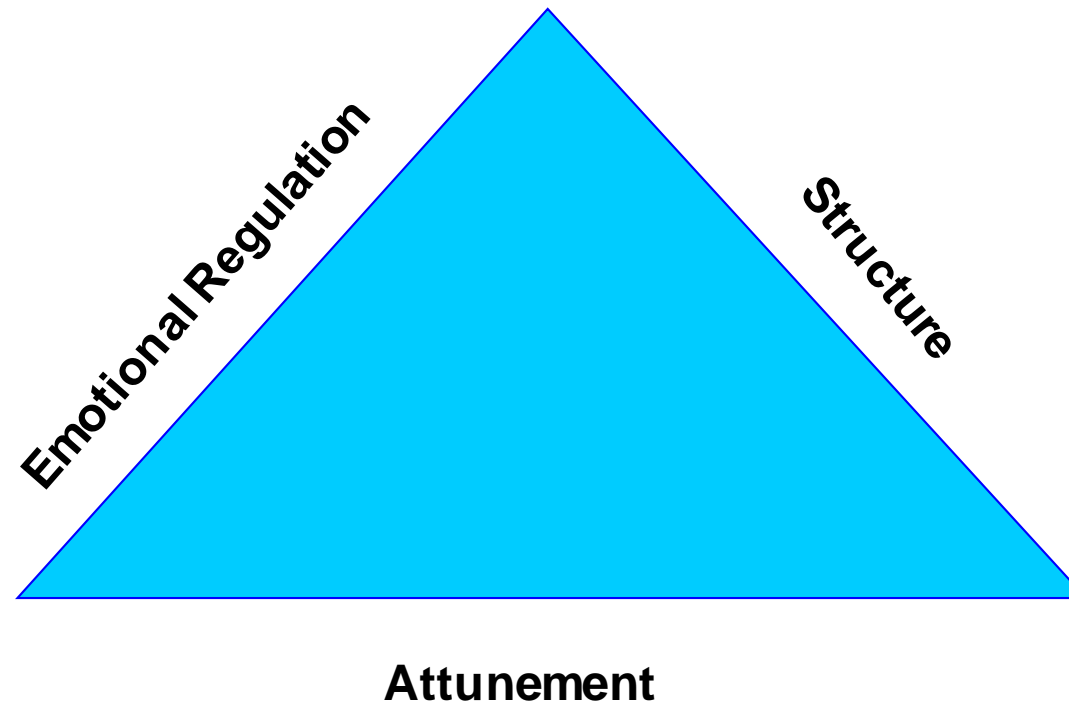
1. Stretch your hand like a star
2. Trace your fingers with index
3. Inhale up, exhale down
4. Notice your breath

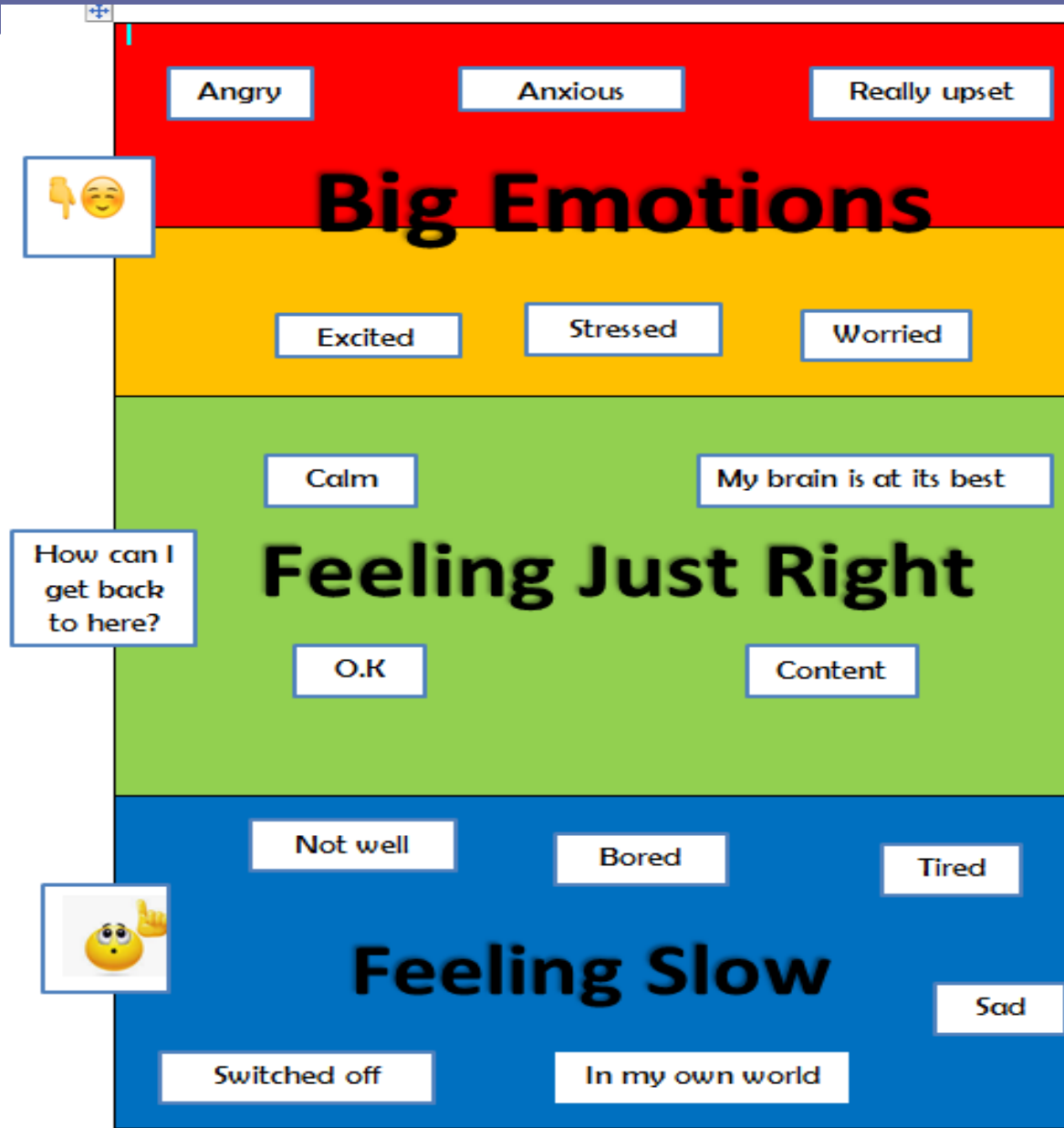
### Take 5 Breathing



It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy.







- A Sheffield guide to emotional wellbeing and mental health services for children and young people  
<https://www.sheffieldccg.nhs.uk/Your-Health/lets-talk-directory.htm>
- Sheffield CAMHS website for secondary students (also a useful resource for parents) [www.epicfriends.co.uk](http://www.epicfriends.co.uk)
- Young Minds Parents Guide <https://youngminds.org.uk/find-help/for-parents/>
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>