ANXIETY

Healthy Young Minds

What is anxiety?

- A word we use to describe feelings of unease, worry and fear.
- It is the normal response to danger or stress.
- It is designed to tell us that there is danger so that our bodies can prepare for action, either by fighting the danger or by escaping from it.
- Most people feel anxious, panicky or fearful about some situations in life e.g exams.
- There are lots of different words for anxiety, such as worry, nervousness, fear or stress.

What signs should I look out for in a young person?

- Feeling frightened, nervous or panicky
- Difficulties sleeping
- Bad dreams
- Eating more/less than usual
- Difficulties concentrating on homework
- Not wanting to go to school
- Not wanting to do other activities previously enjoyed
- Feeling tired
- Tearfulness
- More irritable than usual
- Using the toilet often
- Wetting the bed
- Fidgety
- More clingy than usual
- Complaints of:
  * Racing heart
  * Dry mouth
  * Feeling faint
  * Stomach ache
  * Feeling sick
  * Pains in the chest
  * Feeling breathless
  * Headache
  * Butterflies in the stomach

What might young people worry about?

- What others think of them
- Difficulties with school work
- Friendships
- Family difficulties
- Sudden changes
- Specific objects or things e.g phobias
- Harm coming to them or their family

What can I do to help a young person with anxiety?

- ✓ Prepare them in advance of changes and explain what is going to happen and why
- ✓ Regular routines around bedtime and getting ready for school
- ✓ Relaxation exercises before bedtime
- ✓ Encourage them to do the things that frighten them
- ✓ Reward them for doing things that make them anxious
- ✓ Make a "worry" box out of a tissue/shoe box. Get your child to write down or draw their worries and post them into the box. Sort through the box together at the end of the day or week.
- ✓ Help them find solutions to their practical problems
- ✗ Don't talk about worries just before bed
- ✗ Avoid excessive reassurance; reassure once and then ask them to remember what you told them last time if they ask again

➢ ***Some useful websites:***

➢ http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anxiety

➢ http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/anxiety-in-children.aspx

CAMHS would be very grateful for any feedback on this newsletter. Please could you complete the online survey:
https://www.surveymonkey.co.uk/r/XN9QSHG