

What is Anxiety?

- Certain amounts of anxiety are normal. Anxiety can help us perform in exams and in sport much better, but when anxiety affects our ability to do everyday things, or it stops us doing the things we used to enjoy, it is time to get support.
- Anxiety can be genetic (like hair colour), behavioural (from watching others), triggered by a scary experience, pandemic or a trauma (such as a family member passing).
- Research states that social media can be a contributor to anxiety, as well as biochemical imbalances. Anxiety should be addressed at its earliest point of discovery, as it can lead to depression.

What Anxiety may look like-



Behaviours-

- Fidgeting/restlessness, poor concentration, feeling like they should be 'perfect', scared to speak up to ask for what they need.

Fear-

- Fears can be related to school, with the outcome being 'school refusal' (and mistaken as a behavioural issue).
- Fears can be about arriving late to class, speaking in front of the class, personal safety, medical/health related fears and fear of any social situation.
- Negative Self Talk



Strategies to Help-

- Motivational 'I statements and self-praise', such as I can go to school today, I am loved, I am everything I need to be today, I am a good person.
- Teach kids to talk about things, discuss coping strategies (music, exercise and drawing).
- How to be aware of triggers to their anxiety.



Visualisation-

- Imagine a calm scene, or a happy place...
- Minimise thoughts like closing a computer screen...
- Imagine irrational thoughts floating down the river...



Do's

- Praise your child for doing something that previously made them anxious.
- Acknowledge the fears. Tell your child, 'This is okay'.
- Encourage your child to talk about how their anxiety affects their life, and their ability to do everyday things.
- Ensure your child knows they are supported/loved and that they will get through it.
- Explain that brains are like car engines, they need maintenance when things go wrong, and it is okay that this happens.



Try not to-

- Get angry with your child, even if you are frustrated-walk away.
- Anger will escalate the anxiety, as your child will feel like what they are feeling/doing is wrong.
- Try not to dismiss irrational fears and beliefs, they are very real to your child. Instead try to help your child find coping strategies.

Services-

GP Mental Health Care Plan- Up to 20 free visits psychologist visits.
Headspace- GP and Psychologists.
Wesley Mission-
<https://www.wmq.org.au/therapy-respite-and-wellness/psychology>
Kids Helpline- 1800 55 1800

Resources-

Beyond Blue Anxiety Information-
<https://www.beyondblue.org.au/the-facts/anxiety>
Changing Thoughts/Rewiring.
https://www.youtube.com/watch?v=zTuX_ShUrw0&feature=youtu.be
Help with School Refusal.
<https://www.youtube.com/watch?v=2WJQX0FxBjs&feature=youtu.be>
Parenting a Child with Anxiety.
<https://www.youtube.com/watch?v=Wcm-1FBrDvU>
https://www.youtube.com/watch?v=omy_po9gszc&feature=youtu.be
For the Student.
<https://www.youtube.com/watch?v=vYab1q5N9-U>
Podcasts for Anxiety.
https://www.youtube.com/results?search_query=%22Calming+Anxiety%22+Martin+Hewlett

References-

- <https://www.health.qld.gov.au/news-events/news/mental-health-explained-anxiety-disorder-queensland>
- <https://www.couragepsyc.com.au/wp-content/uploads/2015/11/Guidelines.pdf>