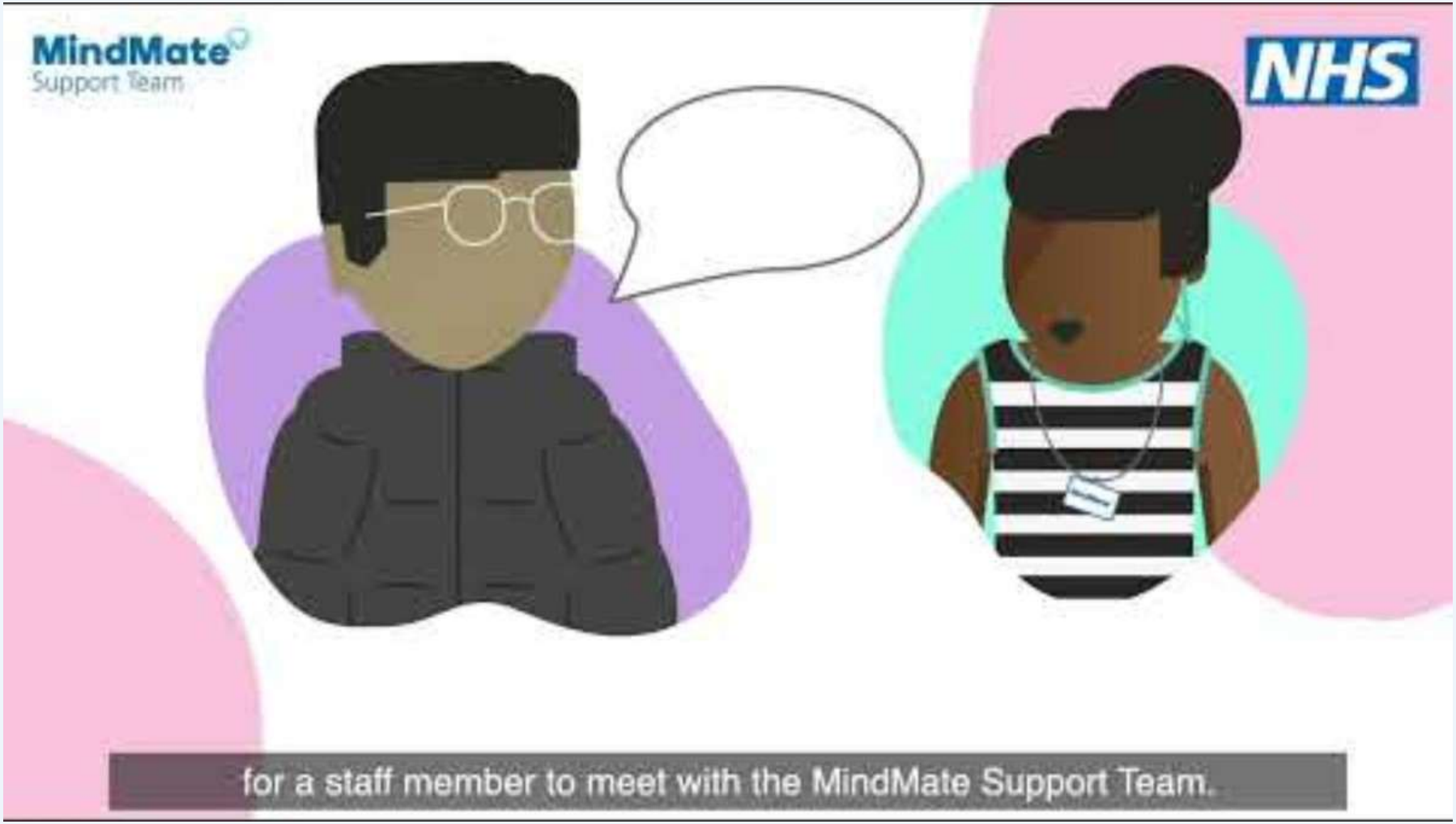

MindMate
Support Team
NHS
for a staff member to meet with the MindMate Support Team.

Supporting your child with worries

Delivered
by

MindMate
Support Team



Today we will ...

Talk about what anxiety is and what it can look like in children and young people

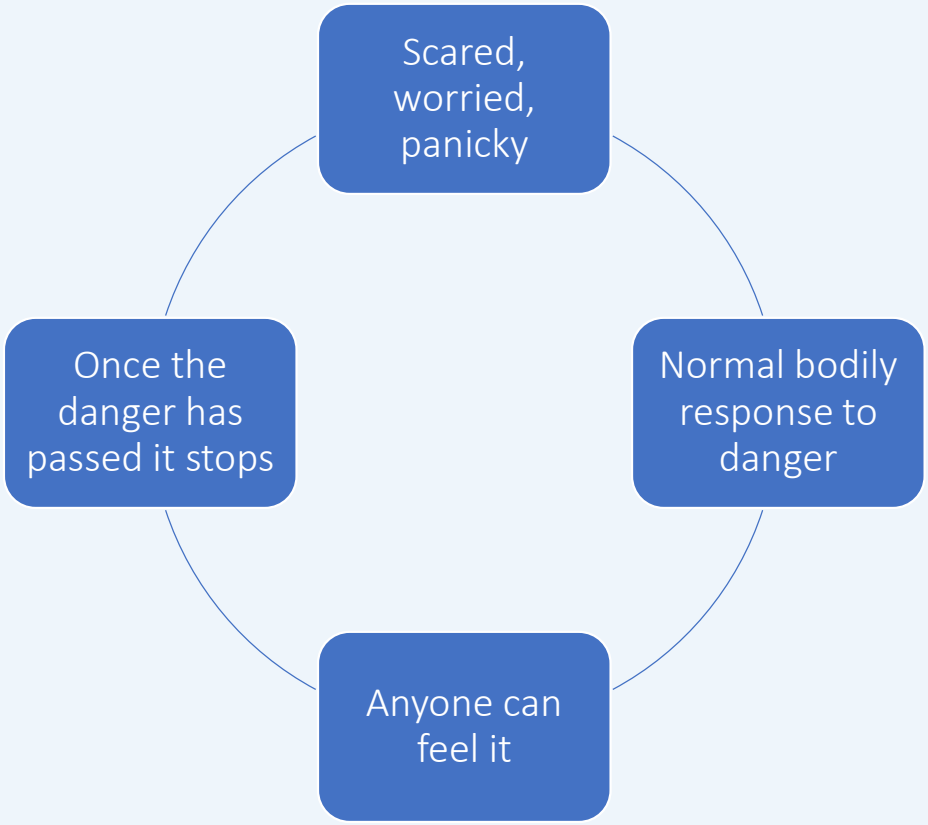
Learn about the science behind anxiety

Consider some helpful strategies for parents

Understanding worries, anxiety and fears

Discussion: What comes to mind when thinking of worries, anxiety and fears?

What is anxiety?



www.youngminds.org.uk

Common signs

- Concentration difficulties
- Not eating properly
- Anger or irritability
- Seeming ‘on edge’ or nervous
- Expressing negative thoughts
- Fidgeting
- Using toilet often
- Tearful
- Physical symptoms e.g. tummy aches and feeling sick
- Avoidance of certain situations
- Extremely compliant

Discussion: Is there anything else you have noticed?

Common fears and worries

Worries about specific things

Common examples - dogs, spiders, balloon, hand driers, heights, getting lost.

Worries about lots of different things

Common examples - Things going on in the world (such as terrorism), doing well at school, friendships, getting things right, and health of ourselves and others.

Doing things in front of other people

Common examples - Going to school, eating with others, putting your hand up in class, cafes, parties, play centres, asking for help, extra-curricular activities.

Being apart from loved ones

Common examples – thinking harm will come to them or their carer if they are apart, struggling to fall asleep without a parent, hard to leave care giver at a party or club.


FIGHT
FREEZE
FLIGHT

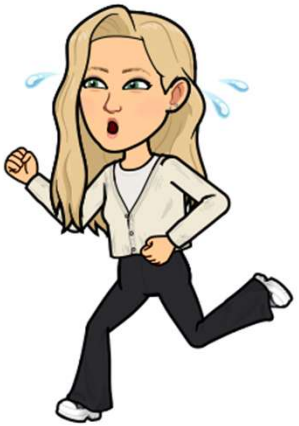
Fight, Flight, Freeze and Fawn

When we were cavepeople, we may have been faced with lots of dangerous situations. Our brain wants us to keep safe, so it developed a quick way to respond to danger, it's called fight, flight or freeze response. The fight, flight or freeze response is like our body's alarm system. It causes changes that we can feel in our body.



Our bodies become energised, and we want to confront and 'fight' the situation.

We want to escape and avoid the situation.





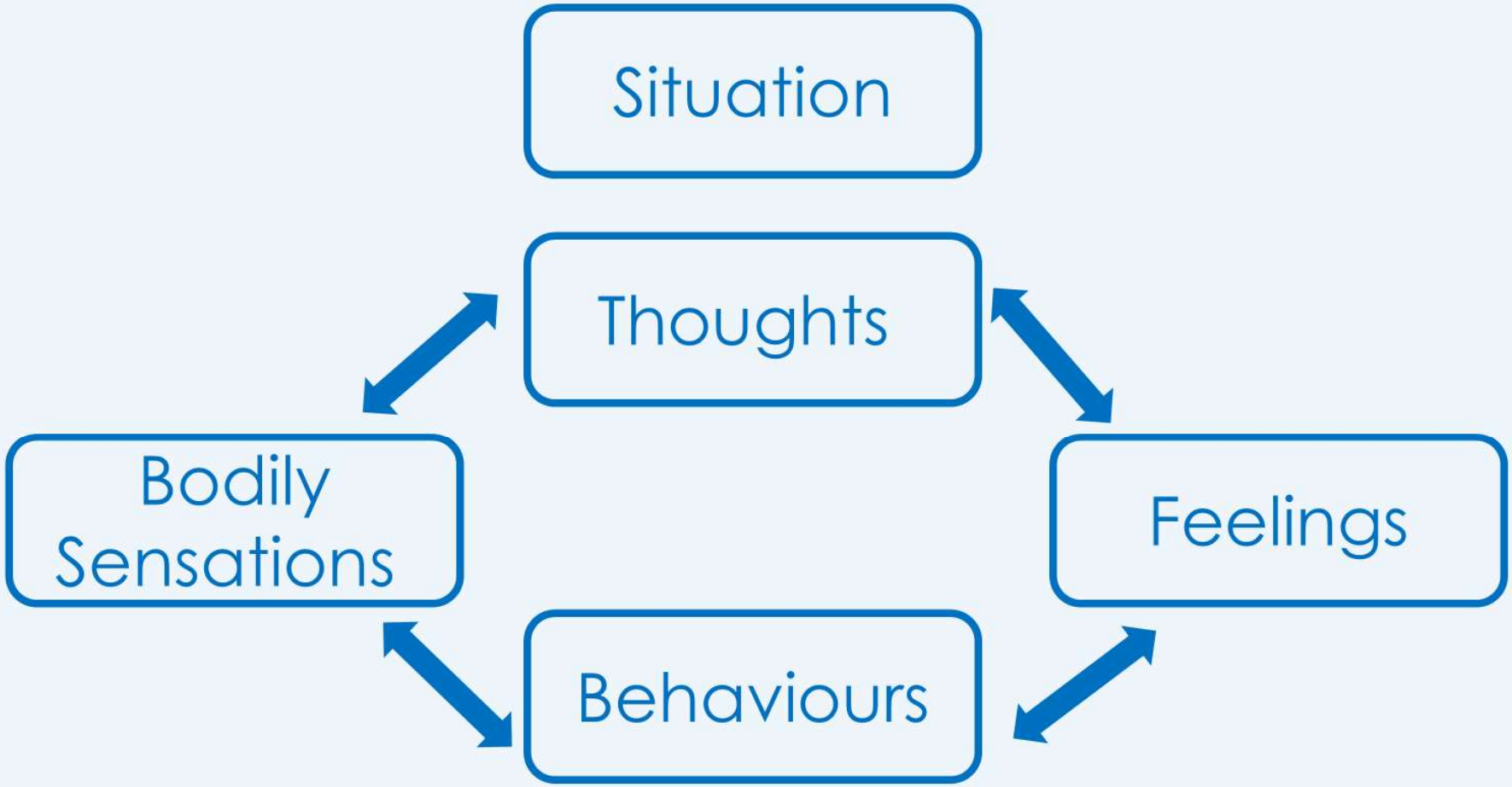
We feel like we are unable to move or act. Our bodies and minds 'freeze' and we don't know what to do.

Sometimes we can people please and fawn over other people to make sure we are part of the 'pack'.

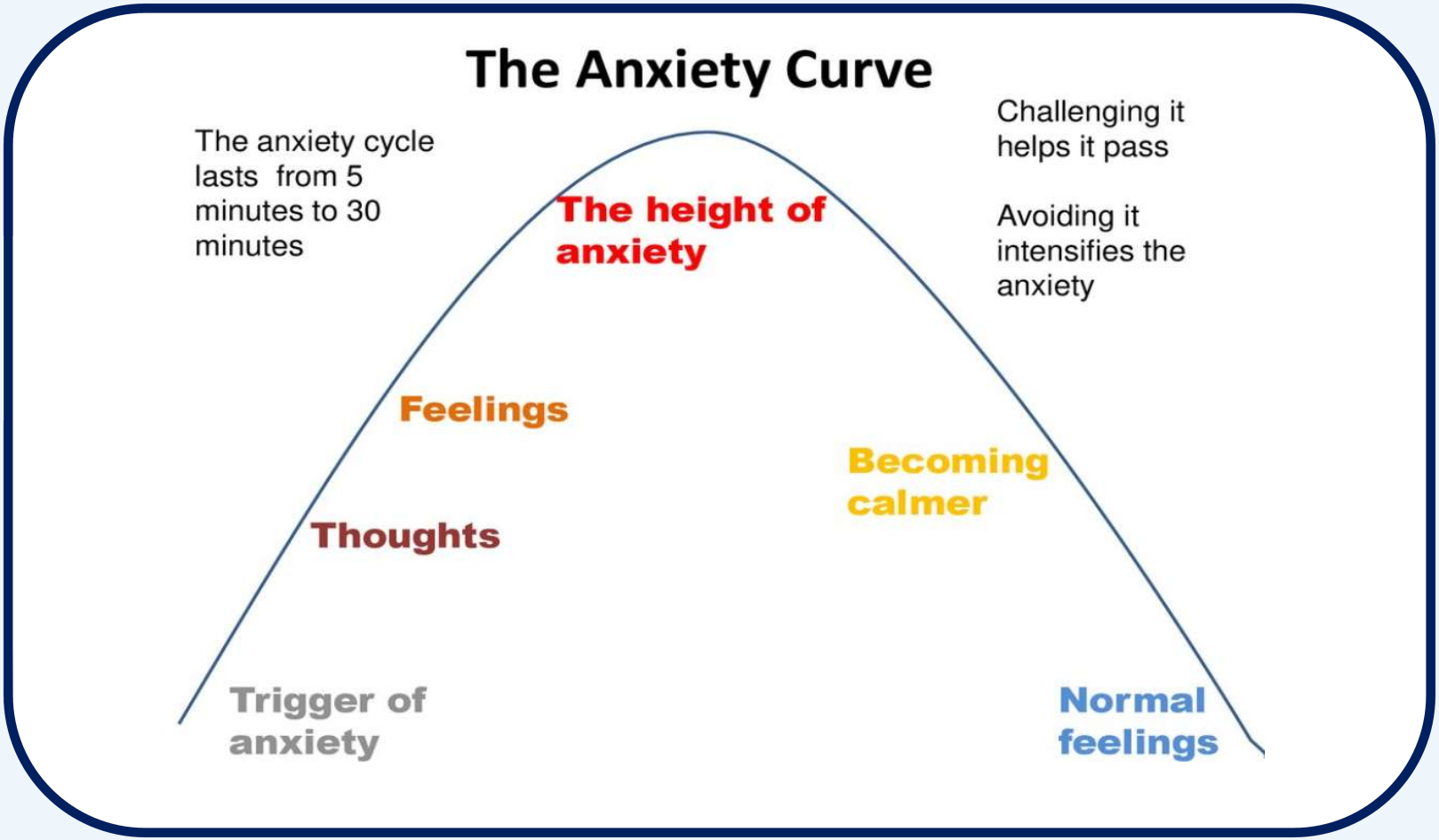


What situations have made us avoid something, push back or go blank?

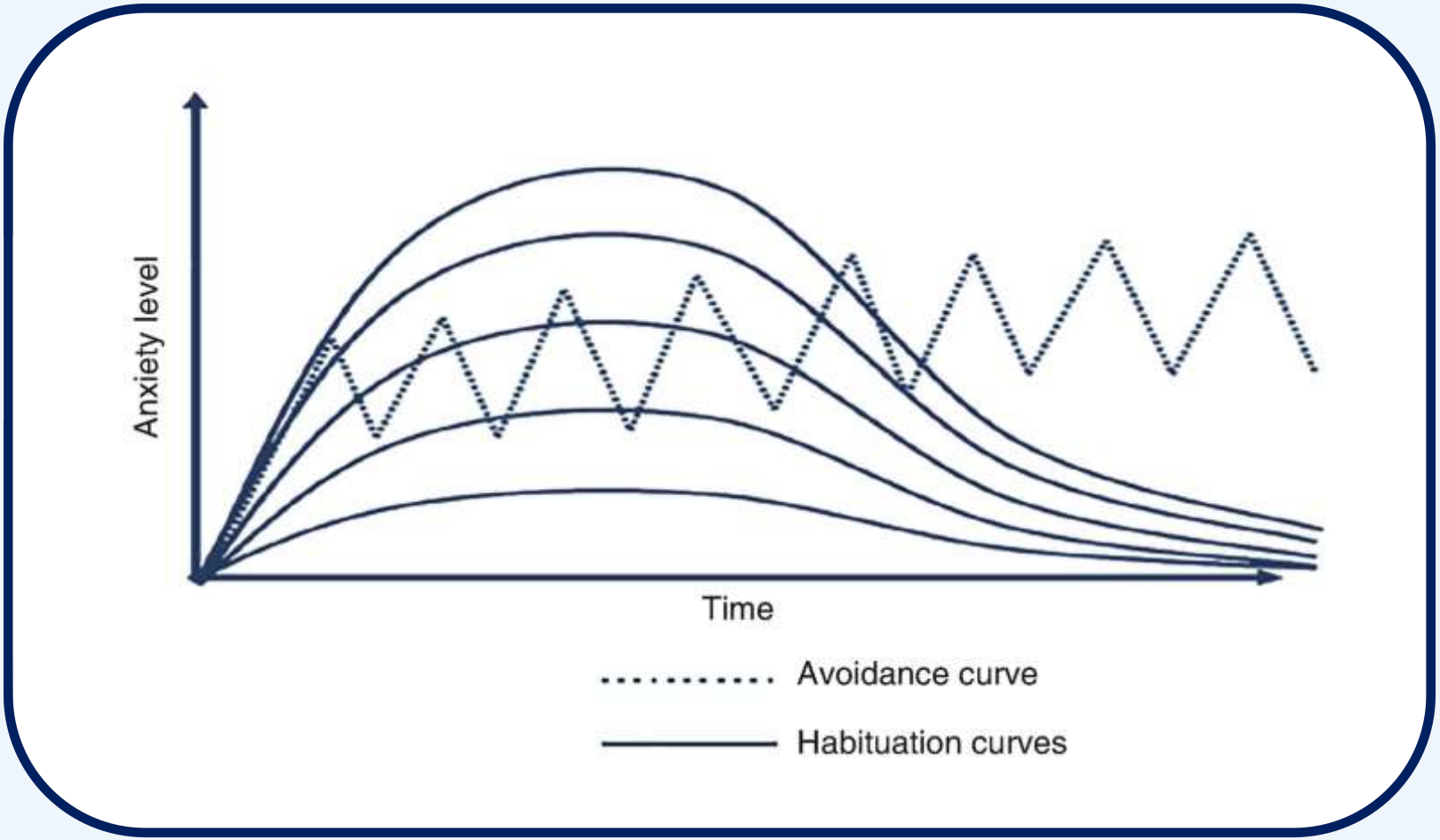
Cycle of Anxiety



Habituation:



Habituation:



Key skills we will cover in this workshop:

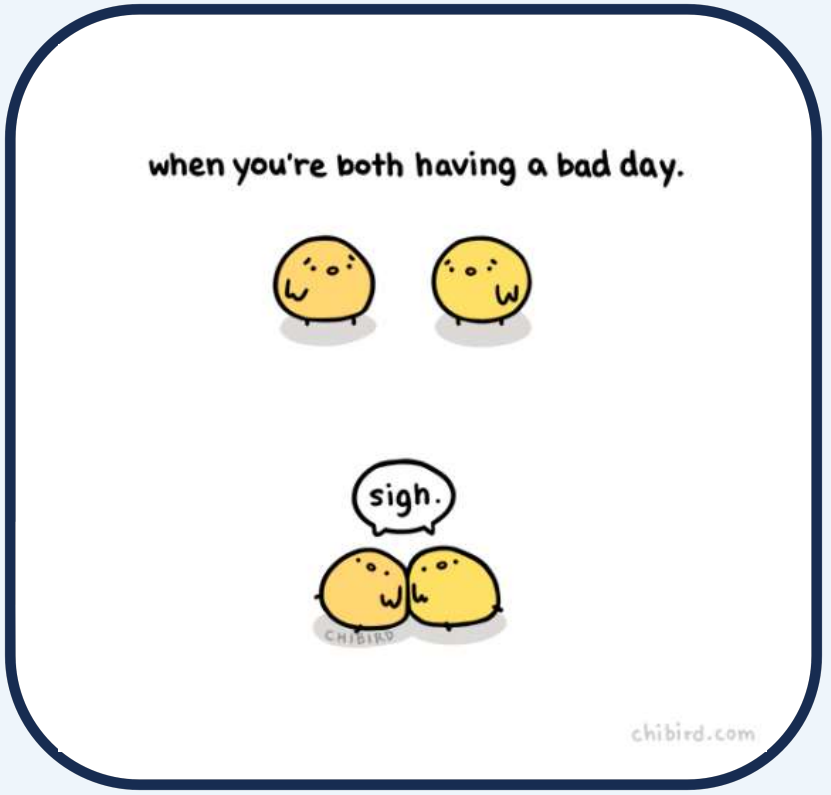
Normalisation

Validation

Questioning Vs Reassurance

Normalising:





Validation: It's about being heard

Behavioural



Cognitive



Emotional



Watch out for Minimising:

Oh you'll be fine

What might the impact of minimisation be?

There's nothing to worry about

Reassurance vs Questioning:

Reassurance is a natural response to a child who is anxious.

It can often reduce stress in the short term but can be unhelpful in the long term

Asking questions rather than giving answers:

What is making you feel worried?
What is frightening you?
What do you think will happen?
What is the worst thing that might happen?
What is it about this situation which is making you worried?

Alternatives to Reassurance:

Pick your moment	Repeat back to check understanding	Label emotions
If they are distressed, help them to calm down and possibly wait to talk about what happened	'It sounds like you are feeling … because …, is that right?'	'It looks like you are feeling anxious /scared/worried'

Key Phrases:

Thank you for sharing that with me.

That must have been difficult for you.

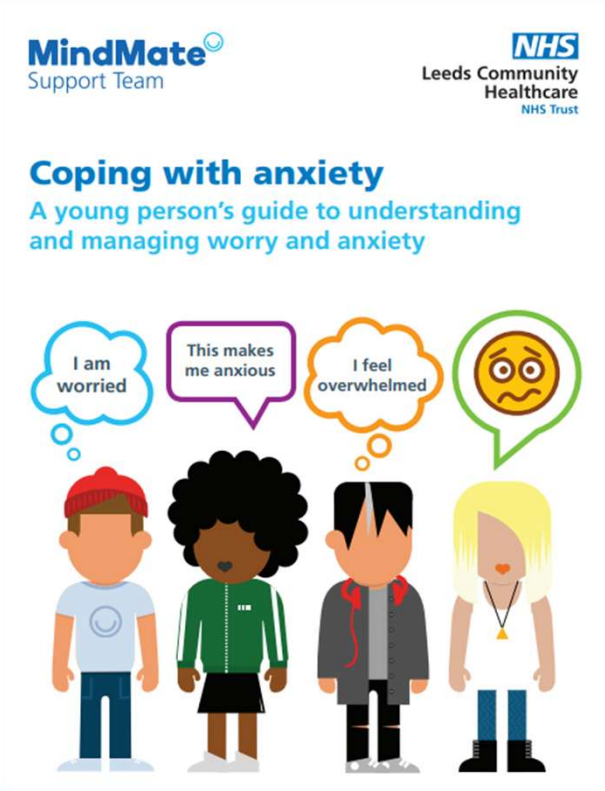
It seems like you felt...when...

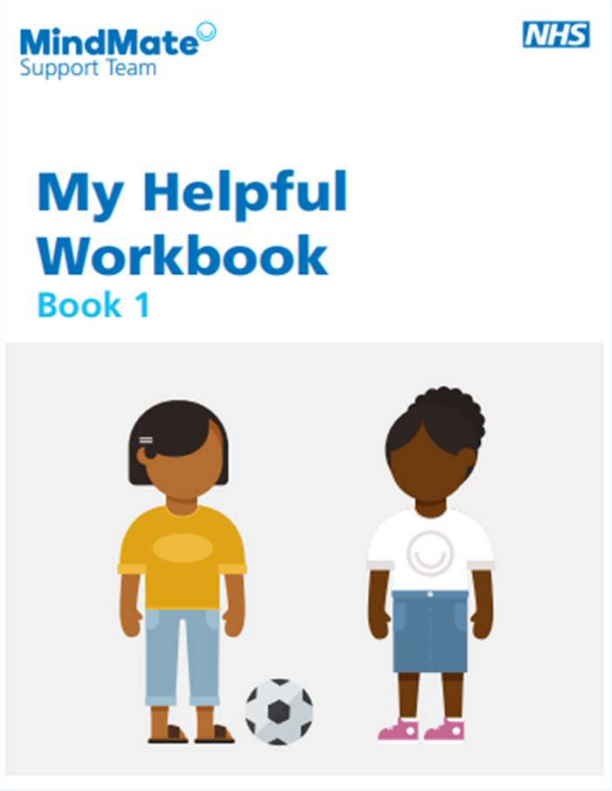
Sometimes I feel like that too, I remember when I was young and...

I know a lot of young people who also feel...when...

What is the worst that can happen? What makes you think that will happen?

Signposting





SCAN ME

This QR code links to our wellbeing journals. They are linked by number to each Key Stage. This also links to guides on how an adult can support a young person with each workbook.

Thank you for joining!

Any Questions?





MindMate Support Team

NHS Leeds Community Healthcare NHS Trust

Parent/carer workshop feedback

Thank you for taking the time to attend this workshop. We hope you found this useful. We would love to hear your feedback to help us make our sessions as helpful as they can be for other parents/carers . Please scan the QR code below to fill out our 10-question feedback form. You will also have the opportunity to share what you would like to see next!

Scan me!

Information to help...

Name of workshop attended:
5 Ways to Wellbeing
Name of facilitators:
Maisie Lear and **Hannah Deacon**