

Anxiety Resource Pack

Information for patients, relatives and carers

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What is Anxiety?

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Anxiety....

- Is a **normal** emotion that helps us to cope with difficult and dangerous situations.
- Is a **common** emotion. It is normal to sometimes feel worried, anxious, and stressed sometimes.
- Is a **problem** when it stops you from enjoying normal life. Anxiety is a problem when it affects school, family relationships, work, friendships, or your social life.
- Can be general, affecting many areas of life, or it may only happen in certain situations, such as being in a crowded place, or using public transport.

Generalised Anxiety Disorder (GAD)

A child or young adult with GAD has a lot of worry that appears to have no real cause. The worry may be more intense than the situation calls for. Those with GAD often worry about many things, including future events, past behaviours, social acceptance, family matters, their personal abilities, and school performance. Unlike adults with GAD, children sometimes do not realise their anxiety is more intense than the situation calls for. Children and young adults with GAD often need reassurance from the adults in their life. Symptoms vary between each child, but the most common symptoms of GAD are:

- Refusing to go to school.
- Frequent stomach aches, headaches, or other physical complaints.
- Sleep problems.
- Muscle aches, or tension.
- Clingy behaviour with family members.
- Worry about sleeping away from home.
- Feeling a 'lump' in your throat.
- Fatigue.
- Lack of concentration.
- Easily startled and annoyed.
- Inability to relax.

The symptoms of GAD may seem like other health problems.



Social Anxiety

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Social anxiety is a fear of social situations. It is an intense fear that does not go away by itself over time, and affects everyday activities, self-confidence, relationships, and school life.

Symptoms of social anxiety include:

- Worrying about everyday activities, such as meeting strangers, starting conversations, speaking on the phone, working, or shopping.
- Avoiding or worrying a lot about social activities, such as group conversations, eating with company, and parties.
- Always worrying about doing something embarrassing, such as blushing, or appearing incompetent.
- Finding it difficult to do things when others are watching. Some may feel like they are being judged all the time.
- Fear criticism, avoiding eye contact, or having low self-esteem.
- Symptoms such as feeling sick, sweating, trembling, or a pounding heartbeat.
- Some experience panic attacks. Although feeling this way is common in adolescence, if this persists it may become problematic.

Health Anxiety

Health anxiety is when someone spends so much time worrying about being or getting ill, that it begins to take over their life.

Those with health anxiety can:

- Constantly worry about their health.
- Frequently check their body for visible signs of illness, such as lumps.
- Always asking others for reassurance that they are not ill
- Worry that their doctor, or medical tests, may have missed something.
- Obsessively use the internet to research health related questions.
- Avoid anything to do with serious illness, such as medical television shows.
- Act as if they were ill. For example, avoiding physical activity.

Anxiety itself can cause symptoms like headaches or an increased heartbeat, and you may mistake these signs for illness.



Panic

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Panic is a form of anxiety where you may experience regular sudden attacks of fear or panic.

Panic Attacks are when the body experiences a rush of intense psychological and physical symptoms. The onset can be very quick, and for no apparent reason, making them very distressing. Symptoms of a panic attack may include:

- Increased heart rate,
- Feeling faint,
- Nausea,
- Chest pain,
- Shortness of breath,
- Trembling and shaky limbs,
- Hot flushes or chills,
- A choking sensation,
- Dizziness,
- Numbness/pins and needles,
- Dry mouth,
- An urge to go to the toilet,
- Ringing ears,
- A feeling of dread,
- Feeling like you are going to die,
- Feeling like you are having a heart attack,
- A churning stomach,
- Feeling disconnected from your body.



Panic attacks normally last between 5-20 minutes, but can last up to an hour. The frequency of attacks depends on how severe anxiety is; some may experience them once a month, and others once a day. Although panic attacks are scary, they are not dangerous and do not cause any lasting physical harm.

Describe your panic attacks

How often do your panic attacks occur?

What symptoms of panic attack do you experience?

How long do you panic attacks last?

Fight vs. Flight for Younger Children

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Thousands of years ago, when we were cavemen, stress and anxiety were very useful emotions because they helped us take action in the face of immediate danger, keeping ourselves safe. For example:

A bear jumps out in front of you > you feel anxious > physical changes occur in your body, preparing you to either fight or run away > you fight or run away > you are now safe and your anxiety is relieved > your body returns to normal.

Anxiety is not always as helpful in today's environment. Our body still reacts in the same way as it did thousands of years ago, however, the world today is much more complicated and many of the things that make us worry cannot be fixed immediately. This can leave us with feelings of anxiety, which are difficult to resolve instantly.

However, anxiety exists for a reason, and can be helpful in protecting us from **immediate** danger, both in the past and in the present.

When you feel anxious you may notice a number of changes in your body.
Circle the signals you notice when you get anxious:

Dry mouth/difficult to swallow

Difficulty breathing

Faster heartbeat

Butterflies in stomach

Sweaty hands

Jelly legs



Headache/Tense

Blurry vision

Red face/Feel hot

Lump in throat

Shaky voice

Needing the toilet

Do you experience any of the symptoms described so far in this section? E.g. Feeling irritable and muscle tension. Maybe you experience symptoms not mentioned so far?

The next page offers a more detailed description of the physiological changes which occurs during the Fight vs. Flight response.



Flight–Fight Response


When we see something scary or think frightening thoughts, our bodies prepare us to take some form of action.


This can either be to run away (flight) or to stay and defend yourself (fight).





To do this the body produces chemicals (adrenalin and cortisol).

These chemicals make the heart  beat faster so that blood can be pumped around the body to the muscles.

The muscles need oxygen and so we start to breathe  faster in order to provide the muscles with the fuel they need.

This helps us become very alert and able  to focus on the threat.

Blood gets  diverted away from those parts of the body that aren't being used (tummy) and from the vessels running around the outside of the body.


Other bodily functions shut down. We don't need to eat at times like this and so you may notice the mouth  becoming dry and it being difficult to swallow.



The body is now working very hard. It starts to become hot.



In order to cool down the body starts to sweat and pushes the blood vessels to the surface of the body, resulting in some people becoming flushed or red in the face. Sometimes the body may take in too much oxygen, resulting in people feeling faint, light headed, or as if they have wobbly or jelly legs.

Muscles that continue to be prepared for  action (tensed) start to ache and people may notice headaches and stiffness.

Fortunately there aren't any dinosaurs anymore, but we still end up feeling stressed. The dinosaurs have become our worries.

So what are your dinosaurs??


Tip: When your child is in fight vs. flight, help them to focus on regulating their breathing. Avoid using phrases such as “calm down”. Instead, use “let's breathe” or “in through the nose, out through the mouth” or “you're okay, just breathe”.

Avoidance and Safety Behaviours






Avoidance and Safety Behaviours

When we feel anxious, or expect to feel anxious, we can respond in one of two ways to control our anxiety. One way is to **avoid** situations or activities that we associate with anxiety. This could include:

- Avoiding **people** (e.g. medical staff or unwell friends and relatives).
- Avoiding **places** (e.g. hospitals, schools, or bathrooms).
- Avoiding **activities** (e.g. spending time with a group of people, or meeting new people). Those with health anxiety tend to worry more than usual about physical sensations in their bodies, they may also avoid activities that bring about changes in their physiological state, for example, participating in sports.

Alternatively, we engage in **safety behaviours**. This is when we may not outright avoid a situation or activity, but will only do so if certain precautions are in place. For example, someone who is scared of spending time with new people may go with an exit plan and have an excuse to leave at any minute. 

Avoiding situations, or using safety behaviours may reduce the anxiety short term, but is likely to have unhelpful long term side effects. In the long run, the worries and anxieties will continue to exist and you will not have faced your fears and seen how things really play out. Over time using avoidance/safety behaviours can deplete our sense of self-confidence. These behaviours may also prevent you from taking part in activities that you want to participate in, and can lead to a restrictive lifestyle.

Avoidance Behaviour	Safety Behaviour
Avoiding anything which could remind you of panic symptoms of anxiety (e.g. caffeine and exercise). 	Only going to places you know well, or places where you are familiar with the staff.
Avoiding places where you may have a panic attack and not be able to escape (e.g. a busy shop). 	Always being aware of, or stay near to, an exit. 
Avoiding making eye contact, and engaging in social situations. 	Not looking up from the ground. Using your phone and/or headphones to avoid eye contact and conversation. 

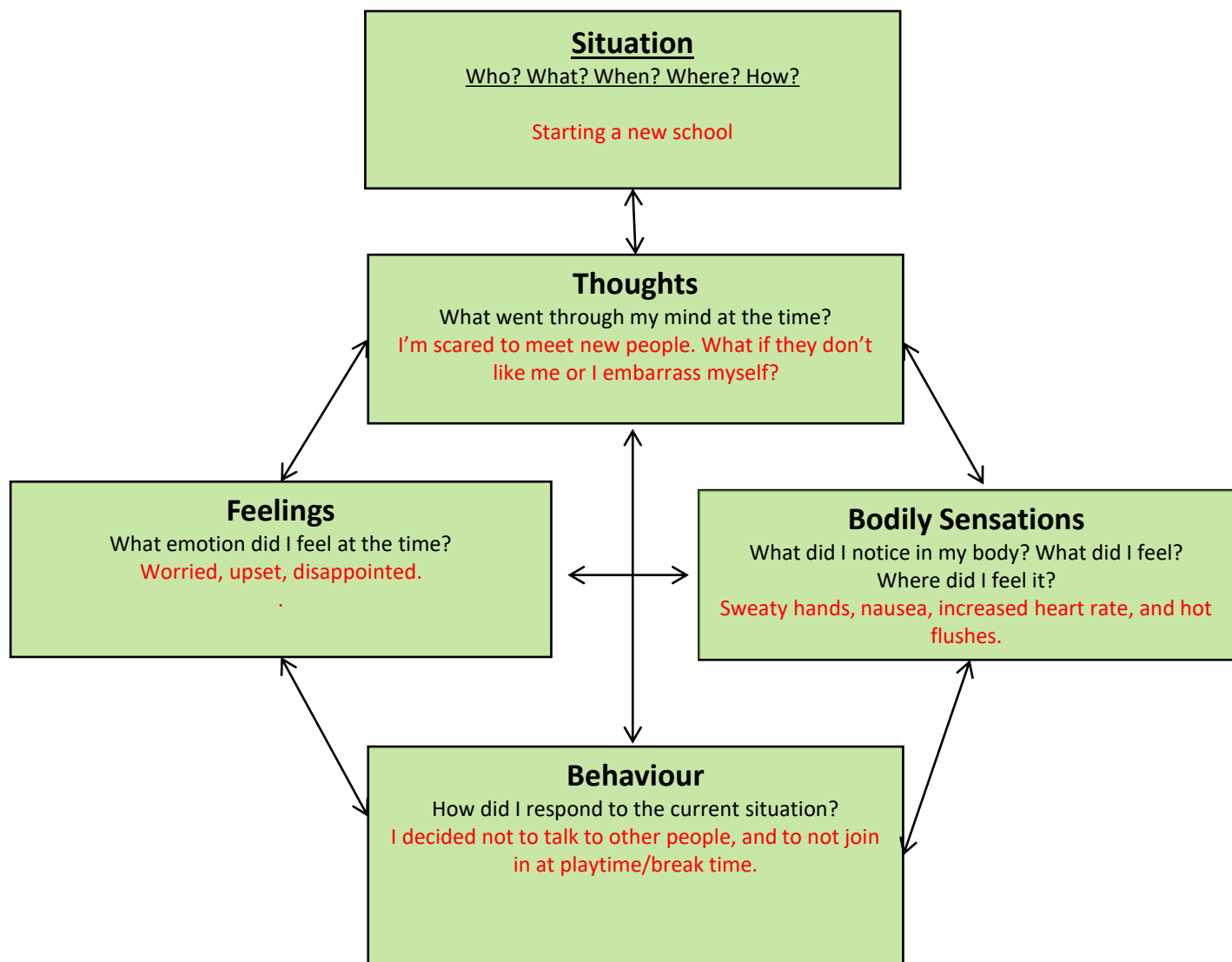
Are there any other avoidance of safety behaviours, not listed here, that you use?

Once you know what it is you avoid, along with the safety behaviours you use, you can begin to do something about them!

The Connections Between Thoughts, Feelings, and Behaviour

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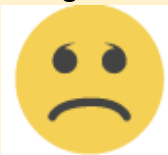
Some people experiencing anxiety can get caught in an unhelpful cycle. It is important to recognise what this cycle is so we can break it.



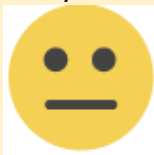
Tips: For younger children exploring their emotions using this model, try using a smiley face system.



Angry



Sad
Disappointed



Confused
Worried
Nervous



Happy
Excited

Changing How I Cope With Anxiety: The Ladder Hierarchy

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Anxiety can prevent us from doing things we like, such as going to the cinema, swimming, or spending time with friends. However, you cannot let anxiety stop you, it is important that you practice fighting against avoidance! Ultimately, you need to face your fears if you want to overcome your anxiety. It may seem overwhelming in the beginning, however, it is much easier if you break the process down into smaller steps.

Construct a ladder of places or situations that you avoid because of your anxiety. At the top of the ladder, state the situation that you are most anxious about. At the bottom of the ladder, put places or situations you avoid, but don't bother you as much. Give each item a rating of 0-10 according to how anxiety provoking the situation is.

Overcome your anxiety by approaching these situations, starting from the bottom of the ladder. Make sure you write down what you think will happen, before approaching the task, and compare this with what actually happened.

<u>Situation</u>	<u>Anxiety (0-10)</u>
Example: Having an injection	10
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Example: watching somebody else have an injection	2

Calming The Body

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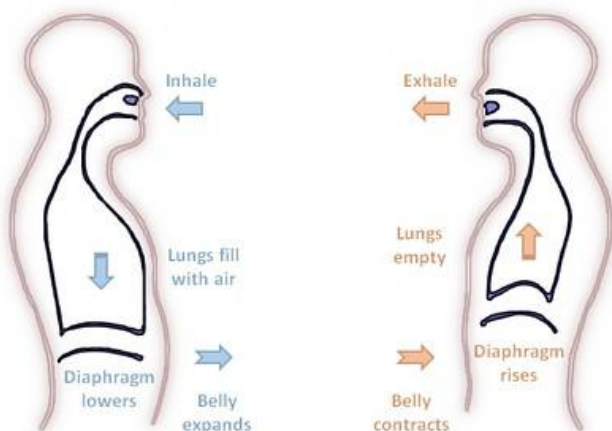
Progressive Muscle Relaxation (PMR).....See p. 12

Muscle tension is commonly associated with stress and anxiety, it is the bodies natural response to potentially dangerous situations. Even when there is no danger, our bodies can still respond in the same way. You may not always realise that your muscles are tense, it may be as subtle as your jaw clenching, or as obvious as your shoulders feeling really tight and hunched. PGR is a deep relaxation technique which is based upon the simple practice of tensing one muscle group at a time . This is followed by a relaxation phase with release of tension. This is very useful before bedtime.



Deep Breathing.....See p. 13

During deep breathing your blood is oxygenated, triggering the release of endorphins, whilst also decreasing the release of stress hormones, and slowing down your heart rate.



Progressive Muscle Relaxation

1	Get comfortable in a distraction free environment. You can either lay down or sit upright in a chair. Closing your eyes will help you focus on the different muscle groups, but you do not have to if you don't want to! For all steps, hold the tense position for a couple of deep breaths, or however long is comfortable for you, then relax. Repeat each step three times.
2	Draw a deep breath in through your nose and feel your abdomen rise as you fill your body with air. Then slowly exhale from your mouth, pulling your belly-button towards your spine.
3	Start with your feet. Clench your toes with your heel pressing towards the ground. Squeeze tightly for a couple of breaths and then release. It may help to say 'relax' whilst you release the tension. Next, flex your feet with your toes pointing towards your head.
4	Next move to your legs. Stretch your leg out, with your toes pointing towards the sky, feel the back of your leg tightening. Hold this for a couple of deep breaths and then release. Then, point your toes down into the ground with your leg straight for a couple of deep breaths.
5	Now move onto your glutes. Squeeze your buttocks muscles for a couple of deep breaths. Remember, you should only feel tension and not pain.
6	To tense your stomach and chest, pull your belly button in towards your naval as tight as you can. Breath in deeply, filling up your chest and lungs with air.
7	Next, tense your shoulder blades and back. Push your shoulder blades backwards, as if you are trying to get them to touch. This will push your chest forwards.
8	Now tense the muscles in your shoulders as you bring your shoulders up towards your ears.
9	Be careful when tensing your neck muscles! Face forward, and <u>SLOWLY</u> pull your head back to look up at the ceiling.
10	Squeeze your teeth together to tense your jaw . Open your mouth as wide as you can, as if you are yawning, to relax your mouth and jaw.
11	To tense your eyes and cheeks, squeeze your eyes tight shut.
12	Raise your eyebrows as high as they will go, as if you were surprised, to tense your forehead.
13	To tense your upper arms, bring your forearms up to your shoulder to 'make a muscle'.
14	Finally, to tense your hand and forearm, make fists with both of your hands.

Practice means progress. Only through practice can you become more aware of how your muscles respond to tensions and relaxation. Training your body to respond differently to stress is like any training – practice is the key!

Calming The Body: Deep Breathing

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During periods of anxiety, the body triggers the **Fight or Flight Response**. Breathing is shallow, uncontrolled, and muscles become tense. Deep breathing triggers the **Relaxation Response**, whereby breathing becomes deeper, controlled, slower, and the symptoms of anxiety reduce.

Sit or lie down comfortably. Close your eyes if it makes you feel more comfortable. Place your hand on your stomach, if you breath deeply enough, you should notice your hand rising and falling with each inhalation and exhalation. Imagine a balloon blowing up in your stomach as you breath in, and deflating as you breath out.



1. **Inhale.** Breath in slowly through your nose for 4-8 seconds.



2. **Pause.** Hold the air in your lungs for 4-8 seconds (however long is most comfortable for you).



3. **Exhale.** Breath out slowly through your mouth for 4-8 seconds.

Repeat. Practice for at least 2 minutes. As your technique improves, practice for 5-10 minutes.

Tips

1. Slow down. The most common mistake is breathing too quickly. Count each step slowly as you do so.
2. Counting your breaths takes your mind off of the source of anxiety. Counting acts as a distraction, whenever you catch your mind wandering, return to counting.

Calming The Mind

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Worry Tree.....See p. 14

Worry Trees are helpful for feelings of anxiety surrounding both hypothetical situations and current problems. A copy of a Worry Tree has been provided in this pack.

Visualisation.....See p. 15

Help yourself to feel more relaxed by thinking about things that make you feel calm and rested. For example, picturing your favourite place. This can be either independent, or you can take a guided visualisation approach. A guided visual imagery relaxation task has been provided in this pack.

Safe Place Visualisation.....See p. 16

A powerful stress reduction and relaxation tool, which can be applied at any time, in any location.

Developing Coping-Self Talk.....See p. 17

These are phrases that you can say to yourself that are supportive. For example “Just because it has happened before it does not mean it will happen again”

Self Soothing

Strategies.....See p. 18

Develop self-soothing strategies so that you don't have to always rely on family and friends.





Worry Tree

1. What am I worrying about?

2. Can I do anything about this issue?

NO

YES

Try to distract myself to ease my worry

Make a mind-map or list showing what different things I can do to stop or improve my worry.

3. Can I do anything about it **right now**?

Yes, I can...

No, I cannot do anything about it in this moment.

Do this now!

Make a mind-map or action plan of what I can do in the future to help ease my worry.

Stop worrying and distract yourself.

Do my best to stop worrying by distracting myself, until I can action my plan.

Tip: make your mind-maps and lists colourful, you will be more likely to remember what you have written, and engage with the material more!



Guided Visual Imagery Relaxation: The Beach

16

Lay down, or sit comfortably in a quiet room. Use the deep breathing techniques you learnt earlier in this pack, close your eyes and listen to somebody read you the following script. You can also read this script to yourself. You may find it more relaxing to play an audio track of crashing waves on the beach; this can be sourced on YouTube, Spotify, and most other online music platforms.

You're walking down a long wooden stairway to a big, beautiful beach. It is very quiet and stretches off into the distance as far as you can see. As you look down you notice that the sunlight is reflecting off of the golden sand. You step into the sand, it feels warm so you wriggle your toes. You notice the warmth from the sand between your toes and around your feet. You notice the sounds of the waves crashing and chasing you up the shore, the water sparkles like a diamond as it retreats back. The roaring sound of the waves is so soothing that you can just let go of any worries.

The ocean is a beautiful light blue, with patches of darker sapphire in the deep. As you look at these deep blue areas you notice a small sailboat on the horizon. All of these sights help you to let go of any worries and relax even more.

As you continue walking along the beach, you become aware of the fresh salty sea air. You look up take a slow deep breath in, and breath out. This breath makes you feel refreshed and relaxed. As you look up you notice two seagulls, the wind gusts and they appear to dance in graceful circles above you. It makes you wonder how it would feel if you could fly under the warm sun.

You find yourself settling into a deep state of relaxation as you walk further down the beach. You feel the sun wrap its warm arms around you, the warmth relaxes all of your muscles. You notice a beach chair as you walk down the beach, once you reach it you take a seat. Laying back in this comfortable chair makes you reflect on everything you have felt, seen and thought at this beach. You drift into a deeper state of relaxation.

Now, feeling relaxed and at peace, you slowly rise from the beach chair and step into the warm sand to walk home. As you walk, you remember how relaxing this beach has been, and you know that you can come back to this place anytime you like. You start to climb the wooden stairs and gradually bring yourself back into the room. When you are ready, you can open your eyes.

Relaxing Safe Place Imagery

17

All visualisations can be strengthened by engaging all of your senses in creating your 'Safe Place'. If you any negative thoughts enter your positive imagery, discard that image and create another one.



VISION



HEARING



SMELL



TASTE



TOUCH



Get comfortable in a quiet place where you won't be disturbed. Sit, or lie, comfortably. Take a few minutes to practice some deep breathing, become aware of any tension in your body, and release it with each breath.

Imagine a place where you can feel safe and relaxed. Your safe place can be somewhere you have been on holiday, somewhere you have seen a picture of, or a completely new place you create. Avoid using your home as your safe place, as it is too familiar. Challenge your creativity!

Look around your safe place, pay attention all the colours and shapes around you. Describe what you see aloud.



Now focus on what you can hear. Listen to the sounds far away from you, and those close to you. Perhaps you hear is silence. You may hear the sound of running water, or the crunch of leaves under your feet.

Now focus on any skin sensations. Notice the feel of the ground beneath your feet, or whatever is supporting you in this place. Pay attention to the temperature and direction of the wind, and anything else you can feel.



Take a deep breath in. Place your hand on your stomach, and imagine a balloon inflating in your stomach. Can you notice any smells there?

Pay attention to all of these sensations whilst you spend time relaxing in your safe place.

Whilst you're in your safe place, give it a name that you can use to bring that image back at any time.

You can choose to stay for a while, enjoying the calmness and tranquillity. You can leave when you are ready by slowly opening your eyes and bringing yourself back to alertness in the present.

Challenging Your Worries

The way we think about things impacts our mood and anxiety. Many of these thoughts occur outside our control, and can be negative or unhelpful. It is important to remember that they are just thoughts, and are not necessarily based on facts. Therefore, when we are feeling stressed or anxious, thoughts should be questioned as they are often based on the wrong assumption.

Step 1: is important to be able to recognise the common unhelpful thinking patterns which occur in anxiety. Then you can challenge it.



Jumping to conclusions **Taking things personally** **Mind reading**

When we are feeling emotionally vulnerable, we can take things to heart and become more sensitive to what people say. We can make assumptions about why someone said something, be overly quick to draw conclusions, and think that we are the focus of what has been said.

Black and white thinking **All or nothing** **Perfectionism** **'Should' thinking**

Sometimes we only see things as black or white, with no in-between. Having this view can lead us into setting ourselves impossibly high standards, being overly critical and struggling to recognise any achievement due to perfectionism.

Predicting the future **Catastrophizing** **What if?**

When we are worried, it is common for us to spend a lot of time ruminating. We end up thinking about the future and predicting what might go wrong. This can blow things out of proportion, and make us expect the worst.

Focusing on the negative **Ignoring the positive** **Filtering**

We sometimes ignore the positive aspects of a situation, and instead only focus on the negative aspects of the situation. This thinking pattern can damage self-confidence.

Over generalising **Labelling**

Based on one isolated incident you might assume that other events will follow a similar pattern in the future. You might find it hard to see a negative event as a one-off. This can also mean that you label yourself, often unkindly, which can lower your mood and confidence.

Step 2: Once you have recognised an unhelpful thought, the next stage is to challenge it. You can do this by asking yourself a series of questions:

- Is there any evidence that contradicts this thought?
- Can you identify any of the patterns of unhelpful thinking described above?
- What would you say to a friend who may have this thought in a similar situation?
- What are the costs and benefits of thinking this way?
- How will you feel about this in 1 month? 6 months? Will it matter?
- Is there another way of looking at this situation?

Which of the above unhelpful thinking habits do you use?

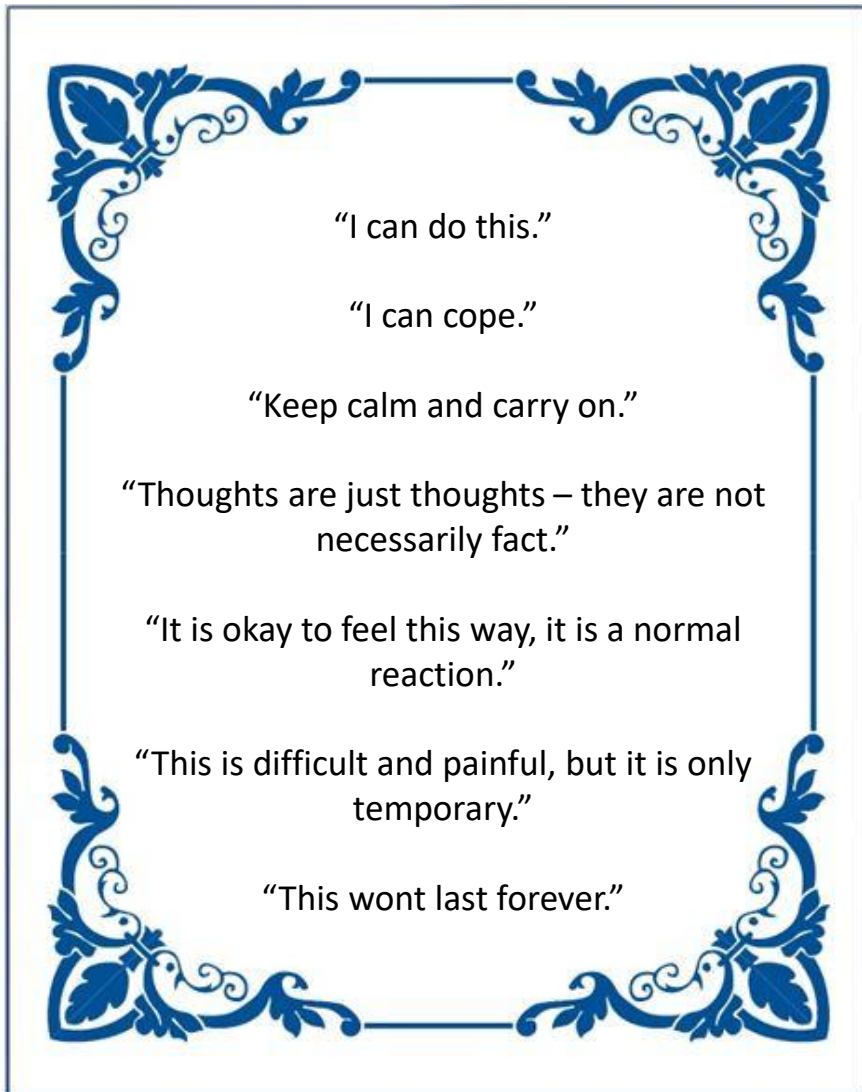
Try to apply these questions to any unhelpful thoughts you notice. By asking yourself these questions you can achieve an alternative, balanced, realistic thought. This, in turn, can reduce anxiety.

Develop Coping Thoughts/Positive Self-Talk

19

Positive statements encourage us and help us cope through distressing times. We can act as our own coach by saying these encouraging things to ourselves.

Some examples include:



Activity:

Situation	Coping Thought/Positive Statement
Example: I have started in a new school. I do not know anybody here yet. I am worried about speaking to new people and making new friends.	It is okay, everybody experiences first day nerves. I will make friends soon enough!
I have exams in the next couple of weeks, they are really important. I am worried I will miss an exam, or do badly in them.	
My best friend is ill, she wants me to visit her. I have anxiety about becoming unwell.	
I have to talk to my whole class to present a piece of work. I can feel myself getting hot, my heart rate increasing, and my mouth getting dry.	

Self-Soothing

20

5, 4, 3, 2, 1 Grounding Technique

This approach explores your five senses to help keep you grounded in the present. This is a calming technique that can help you get through periods of anxiety. It can be done independently, making it useful for when you are alone.

Take a deep belly breath to begin. Imagine a balloon in your stomach filling up with air as you breath in.

LOOK: Look around for **5** things that you can see, and say them out loud. For example, you could say, I see the TV, I see the pencil case, I see a vase of flowers.



FEEL: Pay attention to your body and think of **4** things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my slippers, I feel the grass beneath my feet, or I feel the beanbag I am sitting on.



LISTEN: Listen for **3** sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.



SMELL: Say **2** things you can smell. If you can, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells. You may say, I can smell dinner cooking, or I can smell perfume.



TASTE: Say **1** thing you can taste. It may be the toothpaste from brushing your teeth, or sweetness from fruit. If you can't taste anything, then say your favourite thing to taste.



Take another deep belly breath to end.

If you cannot say things out loud, you can say it to yourself in your head.

Worry Time for Older Children and Young Adults



Create a worry period

Choose a particular time, place, and length of time for worrying. This period should be no more than 20-30 minutes. It should be the same each day, preferably in the evening but not too close to bed time. The time should be convenient so you can regularly follow through with the task. Make this place unique and comfortable, free from distractions. It should not be somewhere you go to regularly, like your bed, rather somewhere you assign for the worry period only.

Postpone your worry

As soon as you become aware of a worry, write it in a couple of words and postpone it until your scheduled worry time. You can make a note of this in your phone, or on a piece of paper.

Carrying a small notebook with you may be useful.

Remind yourself that you will have time to think about it later, there is no need to worry now. There are more pleasant things to attend to now. Turn your focus to the present moment and the activities of the day to help let go of the worry until the worry period has arrived. Decide what is the most important thing you can practically do for yourself right now. Take immediate action to do something that is either practical, positive, pleasant, active, or nurturing. You can use the 'calming the mind' exercises (provided in this pack) to help let go of the worry.



Come back to your worries at the designated worry period

When your worry period comes around, relax in the place you had planned and take some time to reflect on the worries you had written down from the day. Remember:

1. Only worry about the things you have noted if you **must**.
2. If some or all of the worries you wrote down are no longer bothering you or no longer seem relevant, then no further action is required.
3. If you do not need to worry about some of them, spend no longer than the set amount of time specified for your worry period. It may also be helpful to write your worries down on paper.

It may be useful to ask yourself questions from page 18 to help challenge your worries.



Anxiety Coping in Younger Children



Quick Ways To Calm Down

- Imagine your favourite place (e.g. the park)
- Name animals alphabetically (ant, bear, cat, dog.)
- 5, 4, 3, 2, 1 Grounding Technique (provided on page 20 of this pack)

Deep Breathing For Younger Children

- Deep breathing instructions have been provided on page 14 of the pack.
- To make the exercise more fun for younger children, you can use tools such as bubbles, dandelions, and pinwheels.
- You can use language such as:

'Breath in like you are smelling a flower, breath out like you are blowing out candles'.

'Imagine a balloon blowing up in your stomach as you breath in, and deflating as you breath out'.

This will help the child to visualise and calm down.



Coping Skills Toolkit

Create a toolbox filled with various objects that can be used to help in moments of anxiety. Objects include, bubbles, a stress ball, bubble wrap, cue cards.

When children feel overwhelmed it can be difficult for them to figure out what to do. Cue cards act as a visual reminder of the different techniques which can be used to calm down. Take several blank index cards and draw/write a different coping skill on each one. Hole the place cards and put them on a key ring, or tie them together with some decorated ribbon/string. You can make these cards sturdy by laminating them.

Worry Box

Sometimes worries can feel heavy to carry around, it can be helpful to put them away so children can continue with their lives.

Take a small box and decorate it together with your child. Make sure you cut a slot into the box. Think about where the box will live, such as in the wardrobe, with a trusted adult. Whenever your child worries about something, encourage them to write it on a piece of paper and post it through the slot in the box (one worry at a time). At the end of the day or week you can open the box and talk about these worries together. If the worries are gone, tear the paper up and put it in the bin. When the worries have been put away, encourage your child to concentrate on doing nice things and thinking nice thoughts.



Mind Jar

Some children find sensory distraction helpful in managing anxiety. You can create a mind jar using:

- A glass jar, or plastic bottle, depending on what you have available.
- Warm water
- Glitter glue, glitter paint, or glitter.

You can also add:

- Lego
- Glow in the dark paint
- Small shells/stones
- Glow in the dark stars

Fill the bottom of the container with the glitter, until the bottom is completely covered. Add the warm water, and any other items. Put the lid on the container and shake until the ingredients combine. Once you are happy with the look of your jar, seal the lid shut with superglue or duct tape.

Worry Monster

Obtain a 'monster' teddy which has a mouth that can be opened and closed. Sew a zip across the mouth so the monsters mouth can be sealed shut. Children should write down their worries, and feed it to the monster. Once the monster has 'eaten' the worries they are gone!

Worry Doll

Worry dolls can be useful for children who find it difficult to speak to adults about their worries. By talking to the doll about their worries, the worries are transferred onto the doll. The doll should be taken at night by a trusted adult.

SUPPORT Your Child

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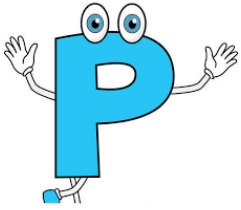
Show your child/young adult how to successfully approach and cope with anxious situations. Model success.



Understand that your child has a problem. Remember that your child is not being wilfully naughty or difficult. They have a problem and need your help.



Patience. Do not expect things to change instantly, recovery is a process. Be patient and encourage the child/young adult to keep trying.



Prompt new skills. Encourage and remind the child/young adult to practice and use the new skills they have learnt from this pack.



Observe the child/young adult. Watch your child and highlight the positive or successful things they do.



Reward and praise their efforts. Remember to praise and reward the child/young adult for using their new skills and for trying to face and overcome their problems.



Talking about it. Talking with the child/young adult shows them that you care and will help them feel supported. SUPPORT the child/young adult and help them overcome their problems.

Online Support

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Apps:

Mindfulness and Sleep: <https://www.smilingmind.com.au/>

Meditation and Sleep: <https://www.calm.com/>

Meditation: <https://www.headspace.com/kids>

Progressive Muscle Relaxation: <https://www.thinkpacific.com/>

Mindshift - lots of strategies to manage anxiety in different situations

Websites:

Online Mental Health Guides: <http://www.youngminds.org.uk/>

Free Online Counselling: <https://www.kooth.com/>

Stress and Anxiety: <https://www.moodcafe.co.uk/for-children-and-young-people/feeling-worried,-frightened,-stressed-or-anxious.aspx>

Anxiety and Depression: <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Mindful Breathing and Activities: www.getselfhelp.co.uk/mindfulness.htm

Online resource for Mindfulness: <https://donothing.uk/>

Relaxation Techniques: www.getselfhelp.co.uk/relax.htm

Relaxing Imagery: www.getselfhelp.co.uk/imagery.htm

Thought Distancing (for overthinking): www.getselfhelp.co.uk/cbtsetp6.htm

Supporting Sleep or help with Insomnia: www.getselfhelp.co.uk/sleep.htm

When accessing online resources and communities, it is important that children and young adults are supervised, and are aware of online safety.

Books:

Overcoming Your Child's Fears and Worries, written by Cathy Creswell and Lucy Willetts (2007)

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety, written by Dawn Huebner (2005) – *recommended for younger children*

The Anxiety Survival Guide for Teens by Jennifer Shannon

Parent Support:

For advice on your child's emotional wellbeing, contact Young Minds Parent Line: 0808 802 5544; www.youngminds.org.uk/find-help/for-parents/parents-helpline

Local Free Youth Counselling and Mental Health Services: Berkshire



Frimley Health
NHS Foundation Trust

Number 22

must be aged between 12-25 and live in Windsor, Maidenhead or Slough

27 Church Street, Slough, SL1 1PL
Tel: 01628 636661
Email: info@number22.org

Self Referral Link:

<https://number22.org/enquiry-form/>

Telephone support line, aged 11+, bookable
25- minute telephone appointment.

Link to book telephone appointment:

<https://number22.org/support22/>

Time to Talk

Must be aged 11-25 and live in West Berkshire.

Up to 12 free counselling sessions. Face-to-face, online or telephone sessions.

Broadway House, 4-8 The Broadway, Newbury, RG14 2BA

Tel: 01635 760 331

Email: office@t2twb.org

Self Referral Link:

<https://t2twb.counsel360.co.uk/referral/create>

Youthline

Must be aged 12-25 and live in Bracknell Forest.

Counselling sessions in person, online and by telephone.

Tel: 01344 311200

Email: ask@youthlineuk.com

Self Referral Link:

<https://www.youthlineuk.com/counselling-enquiry>

ARC Youth Counselling

must be aged 11+ and live in Wokingham

Counselling sessions face-to-face or online.

Tel: 0118 977 6710

Email: Office@arcweb.org.uk

Self Referral Link:

<https://arcweb.org.uk/get-in-touch/>

Child and Adolescent Mental Health Service (CAHMS)

**Must be age 0-17 and live in Berkshire*.*

For more serious concerns about your child's mental health.

Tel: 0300 365 1234 (for non-urgent enquiries)

For urgent mental health concerns about a young person: Call the mental health access team on 0300 247 0000.

Link to Refer:

<https://forms.berkshirehealthcare.nhs.uk/cyfp/>

For lower level mental health concerns, search for the **Getting Help Team** in Buckinghamshire, which can be accessed via Early Help.

Berkshire Talking Therapies

must be aged 17+ and live in Berkshire

Talking therapy for anxiety, low mood & stress.

Tel: 0300 365 2000

Email: talkingtherapies@berkshire.nhs.uk

Self Referral Link:

<https://gateway.mayden.co.uk/referral-v2/7c824928-ff62-4838-855e-80d1281dfb94>

Local Free Youth Counselling and Mental Health Services: Buckinghamshire



Frimley Health
NHS Foundation Trust

Bucks Mind

Must be aged 13-21 and live in Buckinghamshire

Face-to-face and online appointments.

Tel: 01494 463364.

Email: ypcounselling@bucksmind.org.uk

Referral Link:

<https://www.bucksmind.org.uk/young-peoples-counselling-referral-form/>

Youth Enquiry Service (YES Wycombe)

Must be aged between 13-35 and live in High Wycombe

52 Frogmoor, High Wycombe, HP13 5DG

Tel: 01494 437373

Email: info@yeswycombe.org

Referral Link:

<https://www.yeswycombe.org/get-in-touch>

Buckinghamshire Talking Therapies

must be aged 17+ and live in Buckinghamshire

Talking therapy for anxiety and depression.

Tel: 01865 901 600

Text: Text TALK and your name to - 07798 667 169

Self Referral Link:

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=eb19256a-1304-4192-bbc3-56aab5e1c7c6>

Youth Concern

must be aged between 13-25 and live in Aylesbury Vale, Buckinghamshire

Offer 20 free counselling sessions face-to-face, by phone or virtual.

The Uptown Coffee Bar, Whitehill Lane, Aylesbury, HP19 8FL.

Tel: 01296 431183

Text or Whatsapp: 07470 833500

Email: admin@youthconcern.org.uk

Self Referral:

You can ask for counselling by contacting

Margaret: counselling@youthconcern.org.uk

Child and Adolescent Mental Health Service (CAHMS)

Must be age 0-17 and live in Buckinghamshire

For more serious concerns about your child's mental health.

Tel: 01865 901 951

Email: BucksCAMHSSPA@oxfordhealth.nhs.uk

Link to Refer:

<https://secureforms.oxfordhealth.nhs.uk/camhs/Buckinghamshire.aspx>

For lower level mental health concerns, search for the **Getting Help Team** in Buckinghamshire, which can be accessed via Early Help

<https://www.buckssafeguarding.org.uk/childrenpartnership/professionals/early-help/>

Local Free Youth Counselling and Mental Health Services: Surrey and Northeast Hampshire



Frimley Health
NHS Foundation Trust

Mindworks Surrey

Must be age 0-17 and live in **Surrey or Northeast Hampshire**

Emotional wellbeing and mental health service

Early Support

Self-referral and lots of helpful resources at
www.mindworks-surrey.org

Tel: 0300 222 5850

Community Mental Health Teams (CAMHS)

These services are for more serious concerns about your child's mental health. Referrals must be made by a professional.

Crisis line (6+ years): 0800 915 4644

Hampshire Child and Adolescent Mental Health Service (CAMHS)

Must be aged between 8-18 and live in **Hampshire, n.b. for Northeast Hampshire see Mindworks Surrey**

Support for a range of emotional and mental health difficulties

Tel: 02382 317 912

Email:

hantscamhsspa@southernhealth.nhs.uk

Referral Link:

www.portal.hampshirecamhs.nhs.uk

Hampshire Youth Access

must be aged between 5-17 (or 24 for care leavers and SEND) and live in **Hampshire**

Counselling, mental health and emotional wellbeing advice and support.

Tel: 02382 147 755

Text: text 'HANTS' to 85258

Email: enquiries@hampshireyouthaccess.org.uk

Website: www.hampshireyouthaccess.org.uk

Talking Therapies Hampshire

must be aged 16+ and registered with a GP in **Hampshire**

Talking therapy for anxiety and depression.

Tel: 023 8038 3920

Email: info@italk.org.uk

Self Referral Link: www.italk.org.uk/self-referral/

Healthy Surrey Talking Therapies

must be aged 17+ and registered with a GP in **Surrey**

Talking therapy for anxiety and depression.

Organisations within Healthy Surrey:

Centre for Psychology:

www.centreforpsychology.co.uk

DHC Talking Therapies:

www.dhctalkingtherapies.co.uk

IESO digital health:

www.iesohealth.com/areas/surrey

Mind Matters:

www.mindmattersnhs.co.uk

With you: www.wearewithyou.org.uk

A wealth of general health and wellbeing resources: www.healthysurrey.org.uk



Frimley Health
NHS Foundation Trust

Free National Services

Emergency Services

If you feel like you may attempt suicide, have injured yourself, taken an overdose, or are worried about immediate safety call **999**

Call the NHS on **111** and select option 2.
Contact your GP.

Call **HOPELINEUK** on 0800 068 4141

Call **Samaritans** on 116 123.

Text **SHOUT** to Shout's textline on 85258.

Childline

Free confidential online service where you can talk about anything. Online resources for young people for a variety of struggles

Website link: www.childline.org.uk

Tel and online chats open 24/7

Tel: 0800 1111

Link to 1-to1 webchats with online counsellors

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<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Support aimed for children under 12:

www.childline.org.uk/get-support/u12-landing/

The Mix

Ages 11-25

Telephone or webchat counselling.

Contact Link:

<https://www.themix.org.uk/about-us/contact-us>

Self Referral Link:

<https://themix.my.salesforce-sites.com/CounsellingBooking>

Kooth

For young people aged 11-25

Free, anonymous online counselling, via a live chat service or messages.

Website link: <https://www.kooth.com/>

Link to sign up for support:

<https://www.kooth.com/signup/available-in-many-areas>

Mind

Website link:

<https://www.mind.org.uk/for-young-people/>

Variety of resources and information regarding mental health and wellbeing for young people

Local Youth Support Services

Fleet Phoenix

young people and families living in **Hart district**

Music projects, youth clubs and mentoring projects, anxiety workshops, and community outreach programmes

Website link-

www.fleetphoenix.co.uk

Berkshire Youth Support Service

Youth clubs for those living in **Berkshire**

Website link -

<https://www.berkshireyouth.co.uk/>

Action4Youth




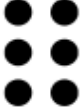
For young people living in **Buckinghamshire**

Youth groups

Website link -

<https://www.action4youth.org/youth-groups/>

For a translation of this leaflet or to access this information in another format including:

Large Print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530
Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

Telephone: 0300 615 3365
Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ	Heatherwood Hospital Brook Avenue Ascot Berkshire SL5 7GB	Wexham Park Hospital Wexham Street Slough Berkshire SL2 4HL
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Switchboard: 0300 614 5000 **Website:** www.fhft.nhs.uk

Title of leaflet	Anxiety Resource Pack				
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Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.