



Leaflet for Parents and Carers

What is Anxiety?

- Anxiety is a feeling of unease, closely related to fear, that can be mild or strong.
- Everyone has feelings of anxiety at some point in their life.
- Anxiety can help us to deal with difficult challenges.
- It can last a short or long time.
- Some people find it hard to control their worries. Feelings of anxiety can become more constant and can affect their daily lives.



Anxiety in Children and Young People

- Just like adults, children and young people feel worried and anxious at times.
- Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up.
- When children feel anxious, they cannot always understand or express what they are feeling.

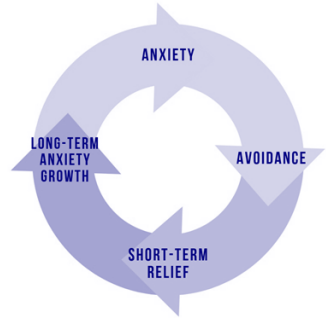


Common Causes of Anxiety

- Big life events such as starting a new school, exams, moving house, bereavement
- Struggling at school
- Change and uncertainty
- Being around someone who is anxious, including parents
- Family, relationship or friendship issues
- Experiencing a traumatic event

The Avoidance Cycle of Anxiety

- When we feel anxious, we often try to avoid the feared situation.
- This can provide short-term relief and reduce our feelings of anxiety in the moment.
- However, often this causes the worries to strengthen and our feelings of anxiety grow in the long-term.



Supporting Children Experiencing Anxiety

- Be aware of your own anxiety levels and monitor the information you share with your child.
- Show that you are available to talk but don't force the conversation.
- Be accepting of their worry, anger and sadness.
- Think together about activities that reduce their anxiety.

Further Information and Resources

Websites and Telephone Lines

- youngminds.org.uk or 0808 802 5544
- supportline.org.uk or 01708 765200
- mind.org.uk or 0300 123 3393



Apps



What's Up



WellMind



SAM



Pacifica

Recorded Webinar

Parent & Carer Webinar:
Anxiety

<https://youtu.be/SY4Nu48OVrE>

