



Anxiety presentation March 2019

# Anxiety



- What is anxiety?
- Why we have it?
- Tips to manage it

# Purpose of anxiety

It occurs in response to situations where we may be in danger or at risk of some kind of harm, physical, emotional and social

Anxiety is a natural human emotion that has a positive purpose to keep us safe from harm.

## Anxiety

Anxiety becomes an issue when it stops us from getting on with our normal daily life

Anxiety is about excessively worrying what might happen in the future but also what has happened in the past.

# Symptoms of Anxiety



- Panic, fear, and uneasiness
- Sleep problems
- Not being able to stay calm and still
- Cold, sweaty, numb or tingling hands or feet
- Shortness of breath
- Heart palpitations
- Dry mouth
- Nausea
- Tense muscles
- Dizziness

# Why do we get these Symptoms?



- To make the body physically ready to run or fight the perceived danger
- Symptoms feel uncomfortable and scary because we don't understand why they are happening which can make us even more anxious.
- After experiencing a period of high anxiety, natural instinct is to avoid the situation or place where it happened. But often it is not the place people are anxious about but becoming anxious of feeling that anxiety in public again.

# Fight or Flight instinct



- Physical symptoms of anxiety are our body's way to prepare to fight, flight or freeze reaction.
- We share this instinct with most other animals and the purpose is to keep us safe from danger.
- When we detect danger brain triggers physical symptoms.

# What happens in the brain?

## “Flipping One’s Lid”



→ Prefrontal cortex  
P.F.C.  
“THE WISE LEADER”



← “Flipped Your Lid”

← The big emotions, anger, fear,  
anxiety etc...  
The AMYGDALA - The alarm center  
Acts on instinct  
fight, flight or freeze

Credit: Daniel Siegel, V.D. is the creator of this metaphor and expression 'Flipped Lid'. Copyright © 2014 www.sharonSelby.com

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# What causes children to become anxious?



Pressure of school work , such as homework or exams

Problems with peer relationships

Conflict at home or parents

Problems achieving desired goals, such as not getting into a sport team etc.

Poor health – poor diet and lack of sleep, social media



# How to prevent your child becoming anxious



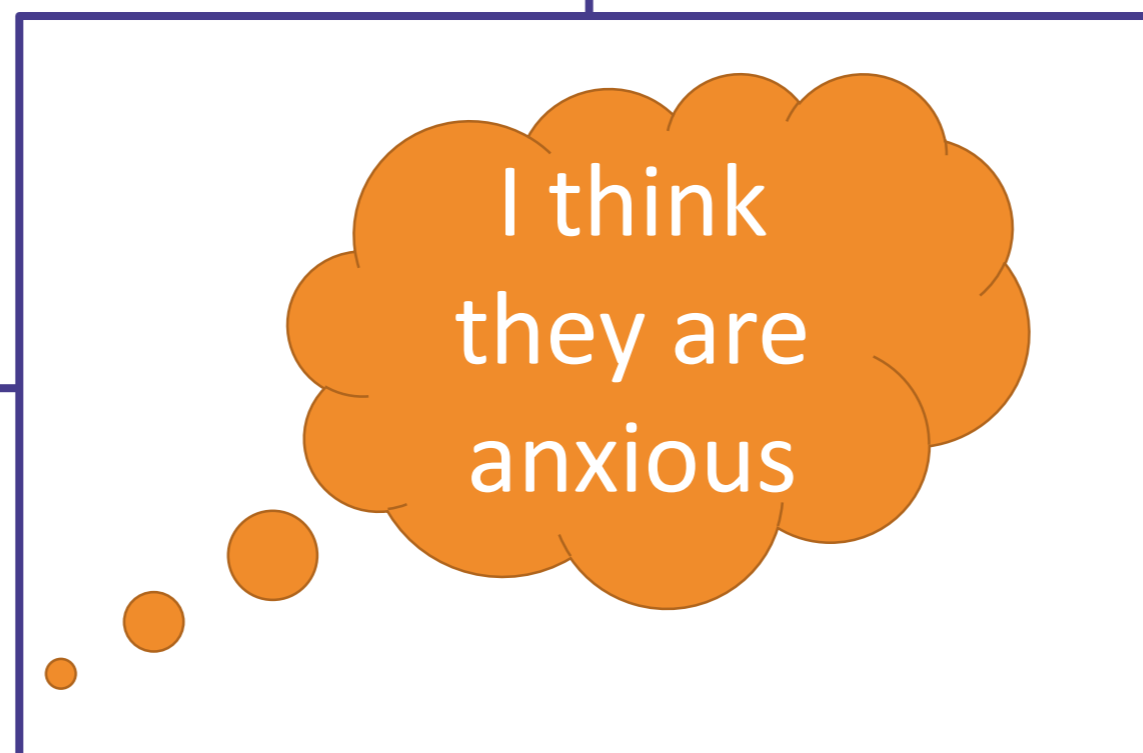
## Create a positive family environment

- Encourage them to have realistic beliefs and their capabilities
- Encourage them to develop good problem-solving skills
- Talk openly about feelings and how to cope with upsetting events
- Make a positive comments about things your child does well , especially when dealing with stress
- Encourage them to take part rather than avoiding appropriate social and recreational activities
- Make sure there are positive interactions with parents and other family members
- Have consistent rules and appropriate discipline so that they feel their world is secure and predictable

# What to do if you think your child may be anxious?

Monitor your child's emotions and behaviour

Talk to your child



I think they are anxious

Encourage regular school attendance

Talk to someone at school

# How to help your child manage anxiety

## Encourage your child to face their fears



# Learning strategies to manage anxiety



- Positive thinking
- Recognising and challenging unhelpful thinking patterns
- Enough sleep, exercise and healthy diet
- Mindfulness
- Breathing techniques
- Relaxation techniques
- Positive release of muscle tension
- Stress toys



# Key steps

- Create a positive family environment
- Monitor your child's emotions and behaviour
- Talk to your child
- Encourage regular school attendance
- Talk to someone at school
- Encourage your child to face their fears
- Encourage your child to practise their coping skills