



Anxiety



Anxiety is when people feel particularly worried, scared and fearful. Everyone feels worried and nervous at times and this is normal, but when these worrying thoughts start to takeover and you can't get it out of your mind it becomes anxiety.

If you are feeling anxious you are not alone. Lots of children and adults will have difficulties with anxiety. Here are some ways you can manage it.

Mindful Breathing

TRY THIS

Here is a simple exercise that you can do anywhere, at any time.

- Stretch your hand out so your fingers are spaced comfortably apart.
- Use the pointing finger of your other hand to trace up and down your fingers.
- Breathe in as you trace up.
- Hold your breath as you trace over the tip of your finger.
- Breathe out as you trace down.
- Do this until you have traced all your fingers and thumb.



Mindful Talking

TALKING HAND

On each finger of the hand opposite write the name of someone who you feel you can talk to about your worries.

These five people can all give you support so don't be afraid to talk to them and ask them for help especially when you are feeling worried and anxious.



TALKING IS IMPORTANT

When you are feeling anxious and worried talking to someone can really help.

Find someone on your helping hand and talk to them or any grown-up that you trust. The person you talk to can comfort you, give you ideas on how to cope with your worries, support you or help you put your thoughts into perspective.

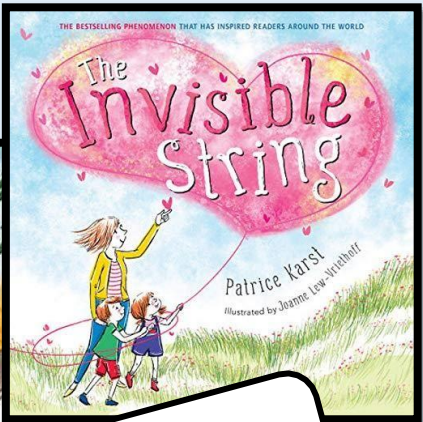
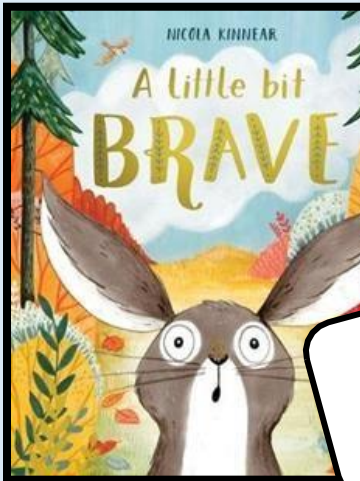
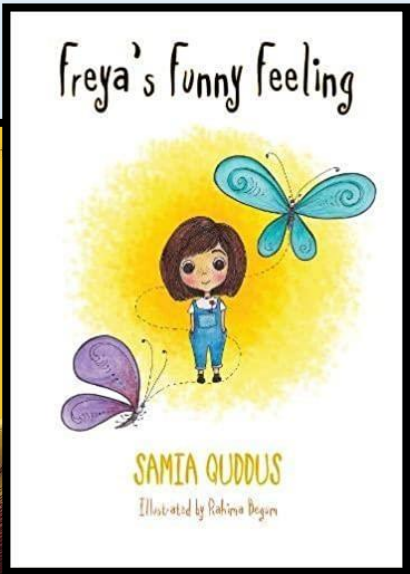
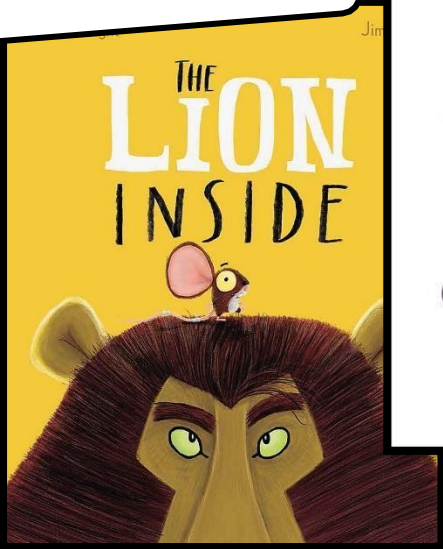
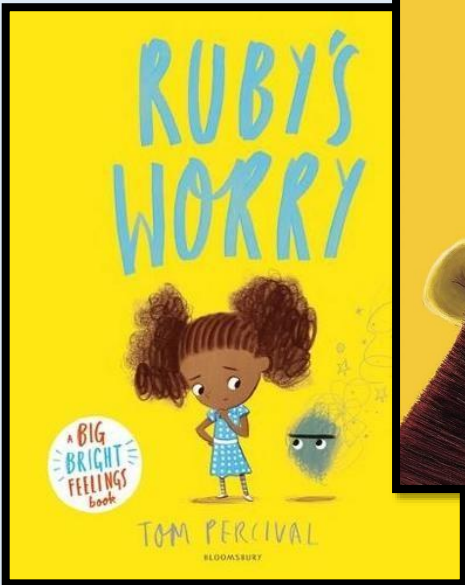
Mindful Exercise

Use this link to complete yoga aimed to help anxiety. Why not try and do it multiple times a week to help build a good routine.

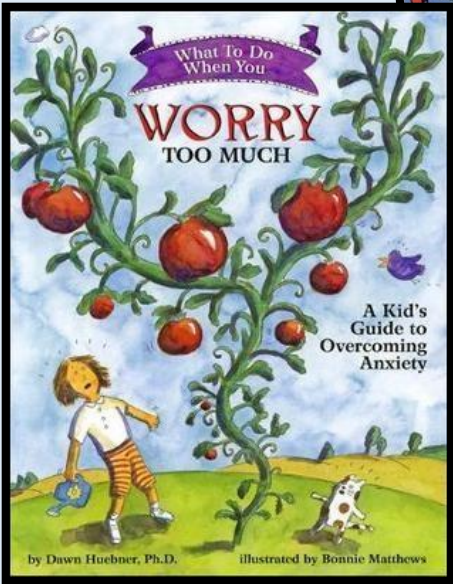
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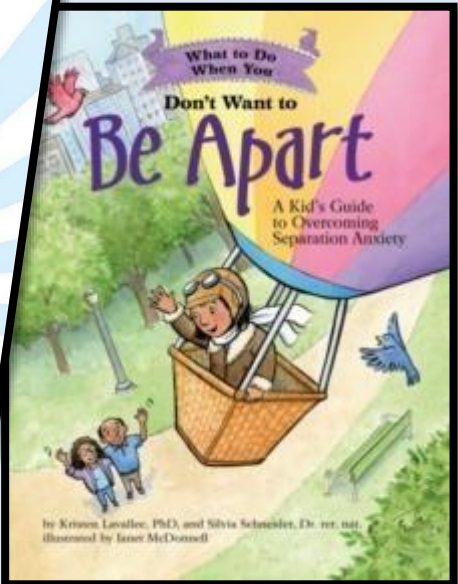
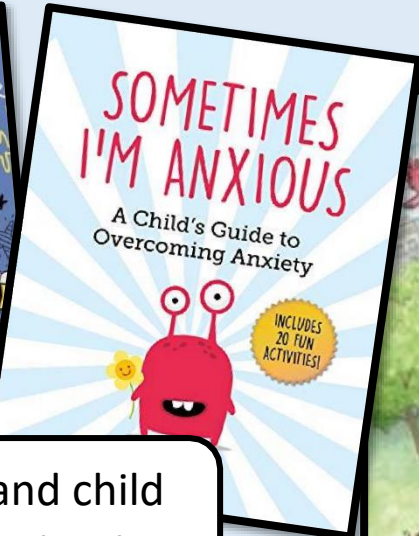
Books about anxiety



Books about separation



Parent and child self-help books



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Apps for Anxiety

These apps will provide guidance and support to help navigate negative thinking, difficult social situations, and anxiety.



Super Stretch Yoga

Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives.

What it Costs: Free (iOS)



Stop, Breathe & Think Kids: Focus, Calm & Sleep

As parents, we want to raise our kids to be able to handle whatever comes their way. Whether they need to mellow out before bed, develop positive relationships or simply have a peaceful moment, Stop, Breathe & Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged.

What it Costs: Free (iOS)



DreamyKid

The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.

What it Costs: Free (iOS)



Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users.

Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

What it Costs: Free (iOS and Android)

More apps can be found here: <https://parentingchaos.com/anxiety-apps-kids/>

Coping Strategies

Take 5 deep breaths



Colour or Draw



Have a drink



Listen to music



Slowly count to 10



Exercise



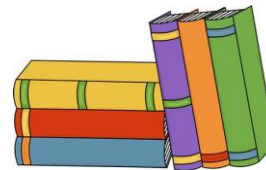
Talk to an adult



Take a break



Read a book



Sometimes our emotions can get the better of us. Here are some ways in which you can help yourself feel better. Why not pick your favourite top three and share them with your family.

*When we can talk
about our feelings,
they become
less overwhelming,
less upsetting,
and less scary.*

-Fred Rogers

