

# Understanding and managing worries & anxiety

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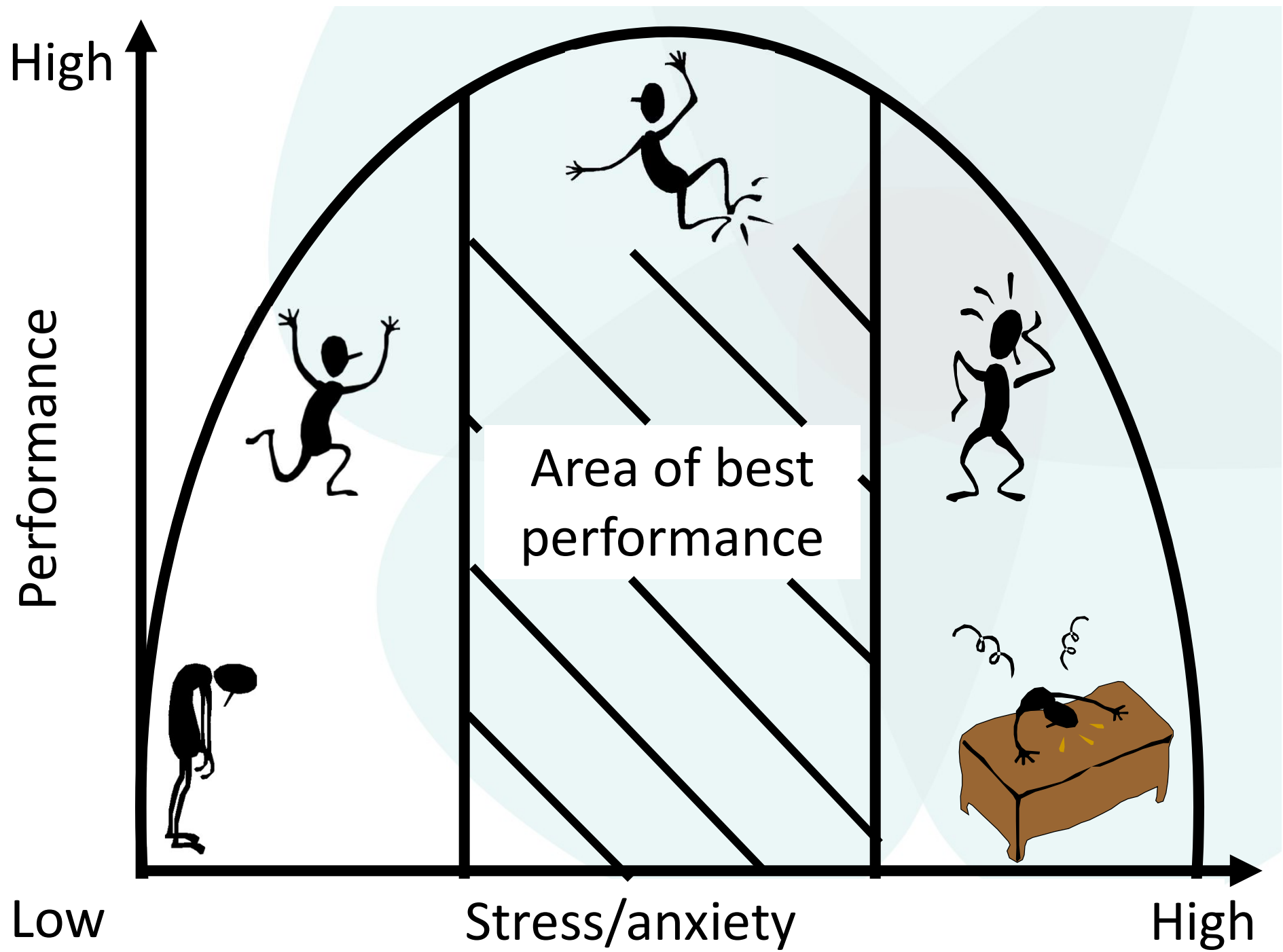


# Anxiety – a normal response

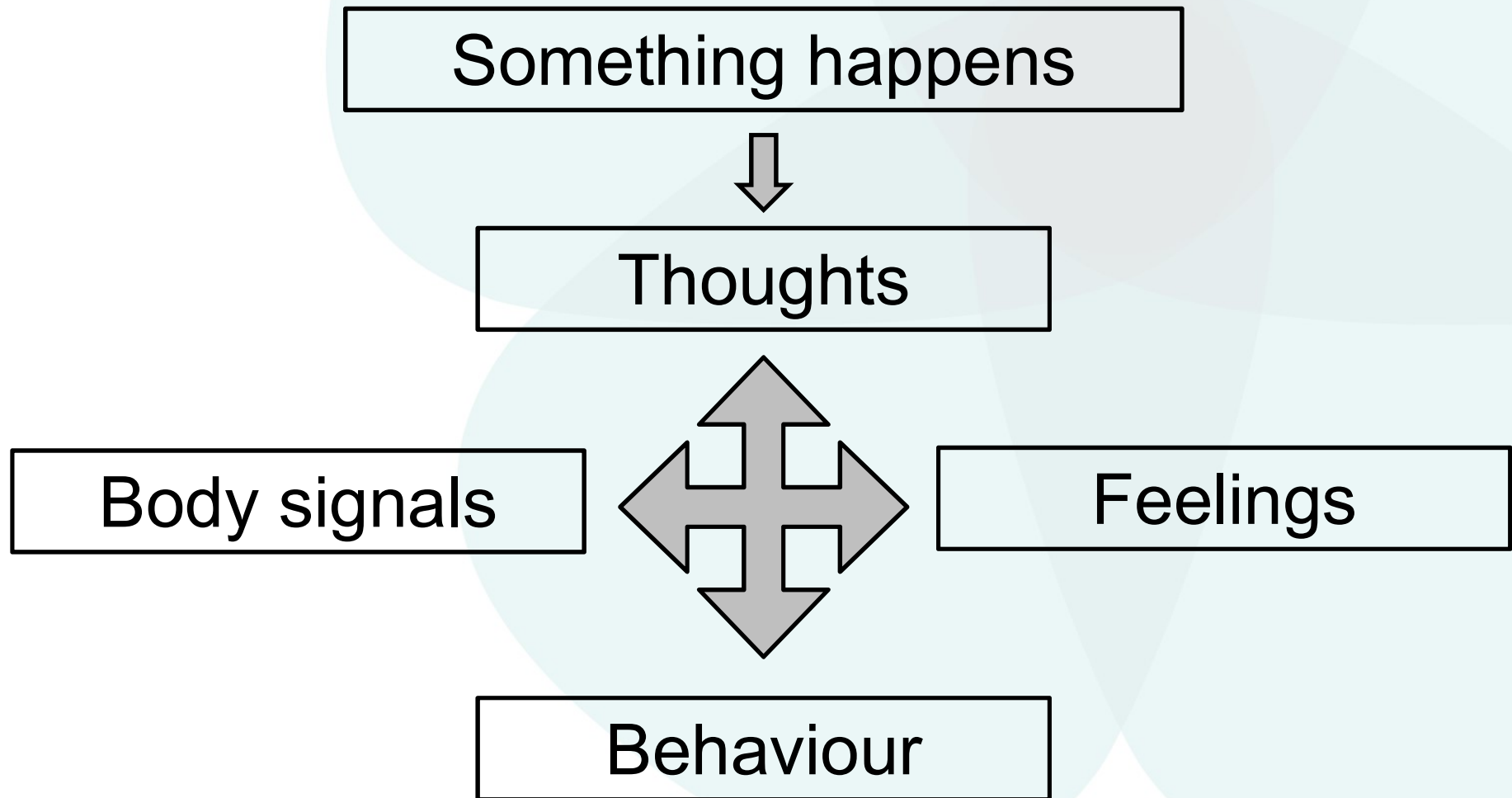


# Anxiety – it can help keep us safe





# What happens when we worry or feel anxious?



What do you want to do when you feel  
anxious?

**Avoid!**

*Seek reassurance*

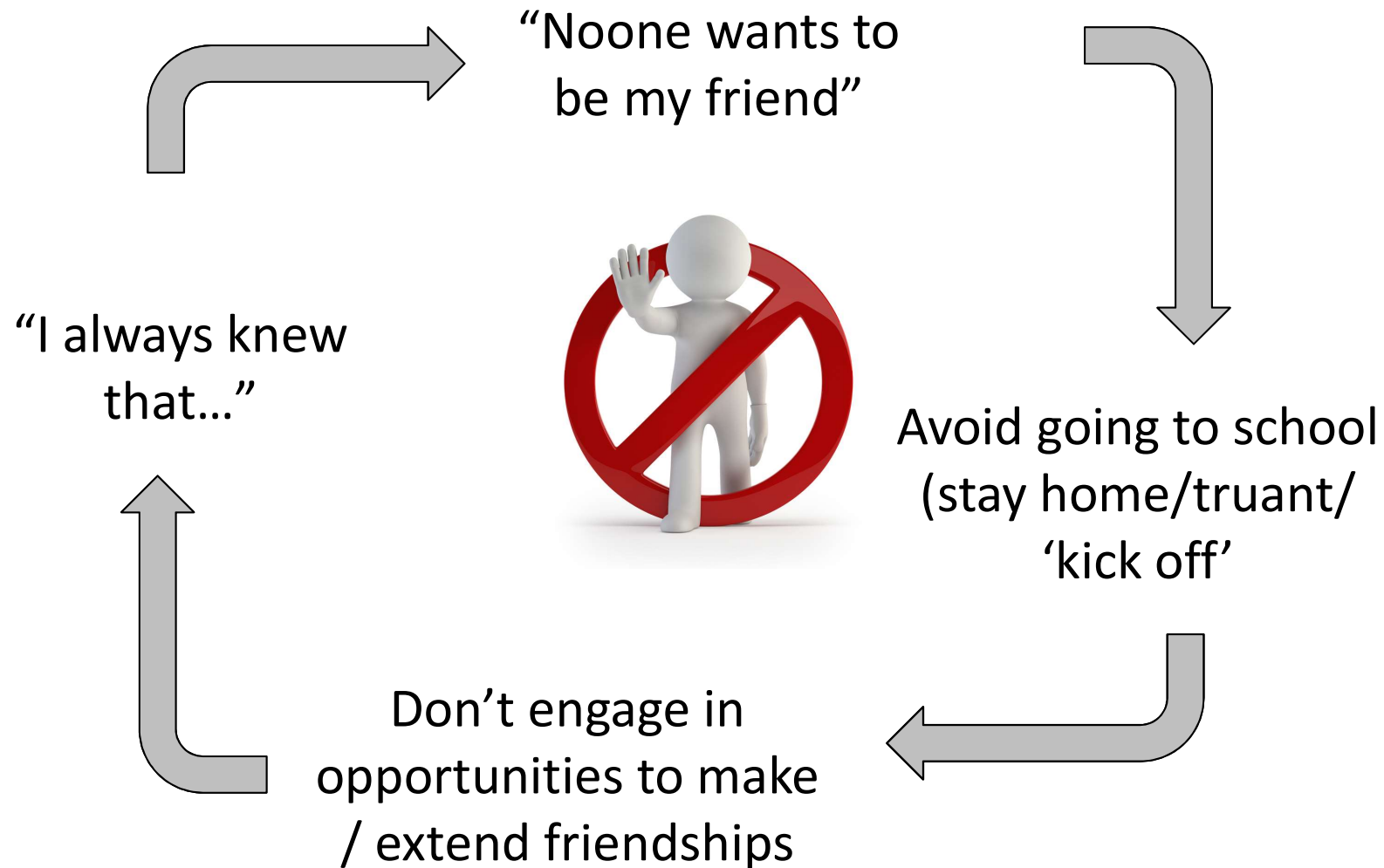


# Cycles of avoidance & reassurance

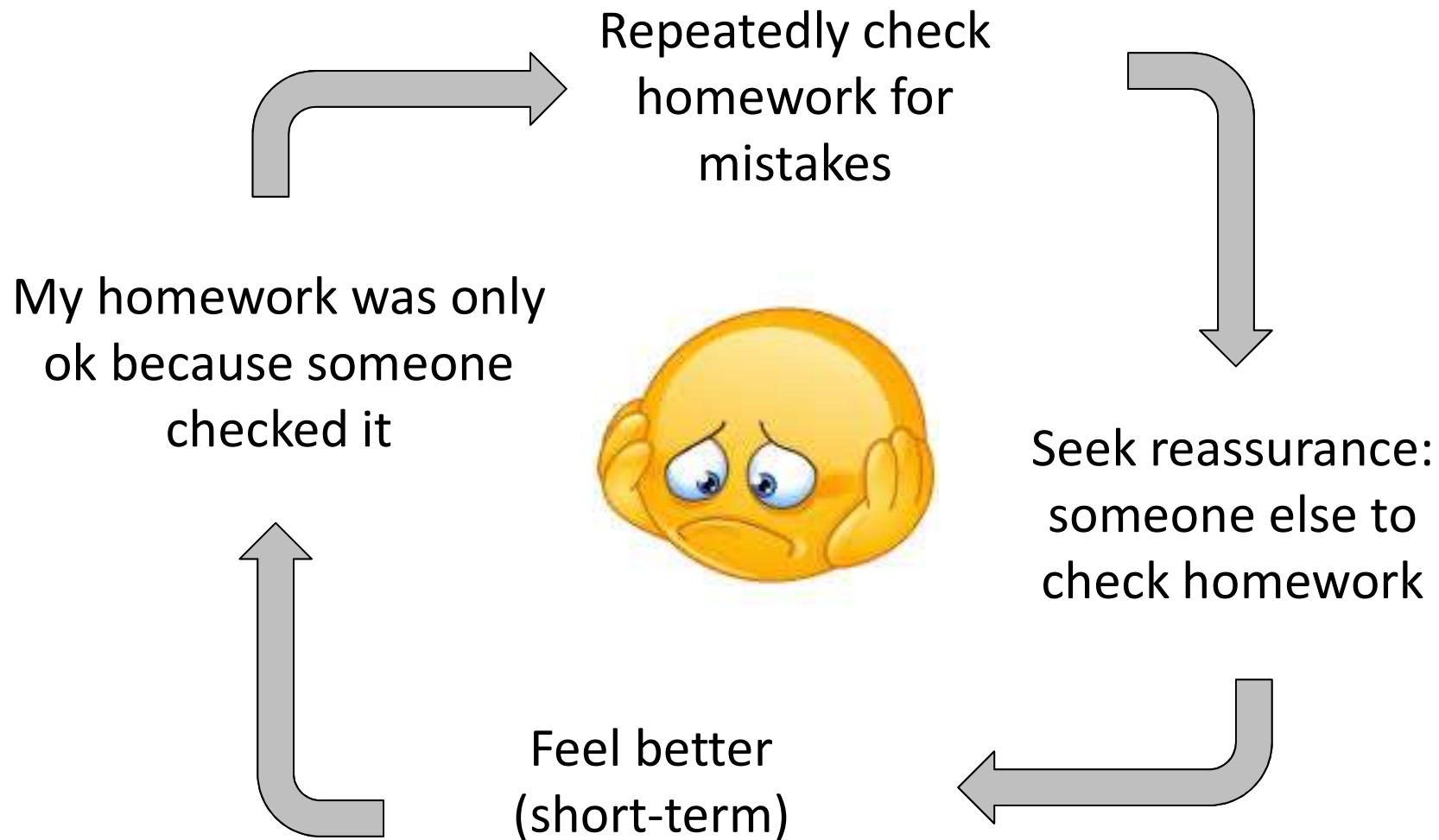




# Cycle of avoidance



# Example: Reassurance



# Long-term maintenance

Avoidance & reassurance can actually reinforce worries & anxious feelings



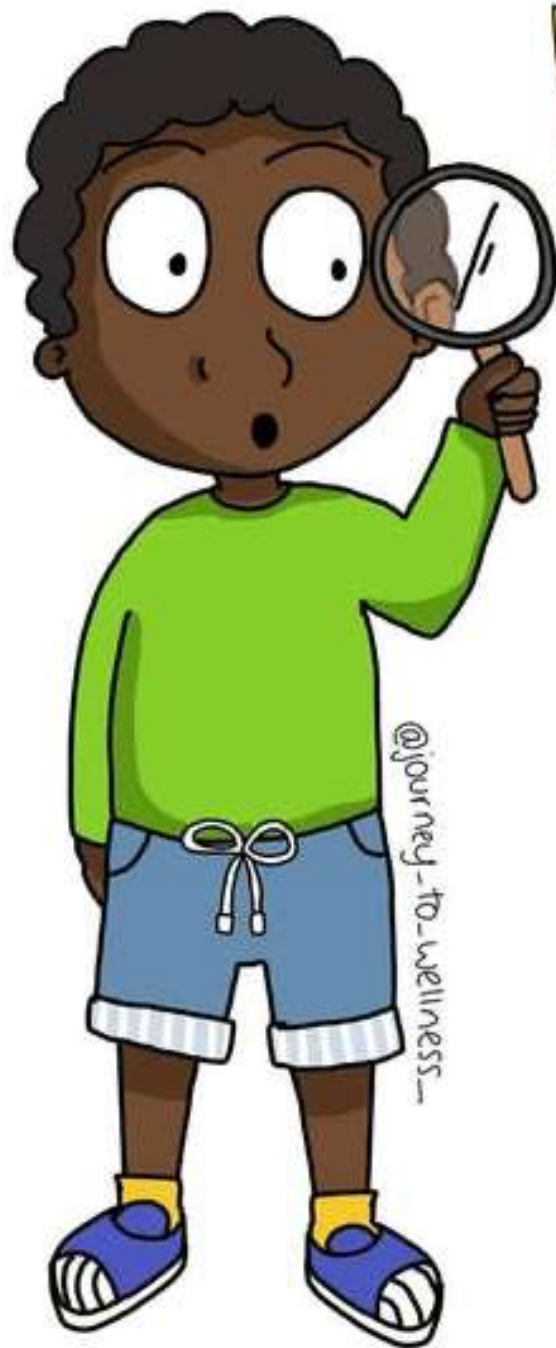
‘Top tips’





Everyone is out to get you!  
*Must... not... trust...*  
**You're going to FAIL**  
**Nobody even cares**  
You really aren't worth it  
He's *not* going to call you!  
Nothing you do is  
good enough  
**YOU aren't good  
enough!**

*And your drawings suck, too...*



## SPOTTING COMMON 'UNHELPFUL THINKING STYLES'



CATASTROPHISING - Blowing things out of proportion.



LABELLING - Assigning labels or name calling (self + others).



JUMPING TO CONCLUSIONS - predicting the outcome.



MIND READING - Imagining we know what others are thinking.



FILTERING - Ignoring the good things & paying attention to the bad.





ANXIETEA



# atch

Identify the thought that came  
before the emotion



# heck

Reflect on how accurate and useful  
the thought is



# hange

Change the thought to a more  
accurate or helpful one as needed

[Http://downloads.bbc.co.uk/headroom/cbt/catch\\_it.pdf](http://downloads.bbc.co.uk/headroom/cbt/catch_it.pdf)



<b>Catch it</b>	What is that worrying thought?	Everyone will have forgotten about me
<b>Check it</b>	Reflect on how accurate or useful that thought is –	What evidence is there for or against it? What would you say to your best friend if they had that thought?
<b>Change it</b>	What would be a more balanced, accurate, helpful thought?	The teacher emailed me and my friend texted about seeing me at school – these are people who remember me and I'm looking forward to seeing

## What Could Happen vs. What Will Happen


When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What **could happen** isn't the same as what **will happen**.

 What is something you are worried about?

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Thinking about what **will happen**, instead of what **could happen**, can help you worry less. Whenever you start to worry, answer these questions:

 What are some clues that your worry will *not* come true?

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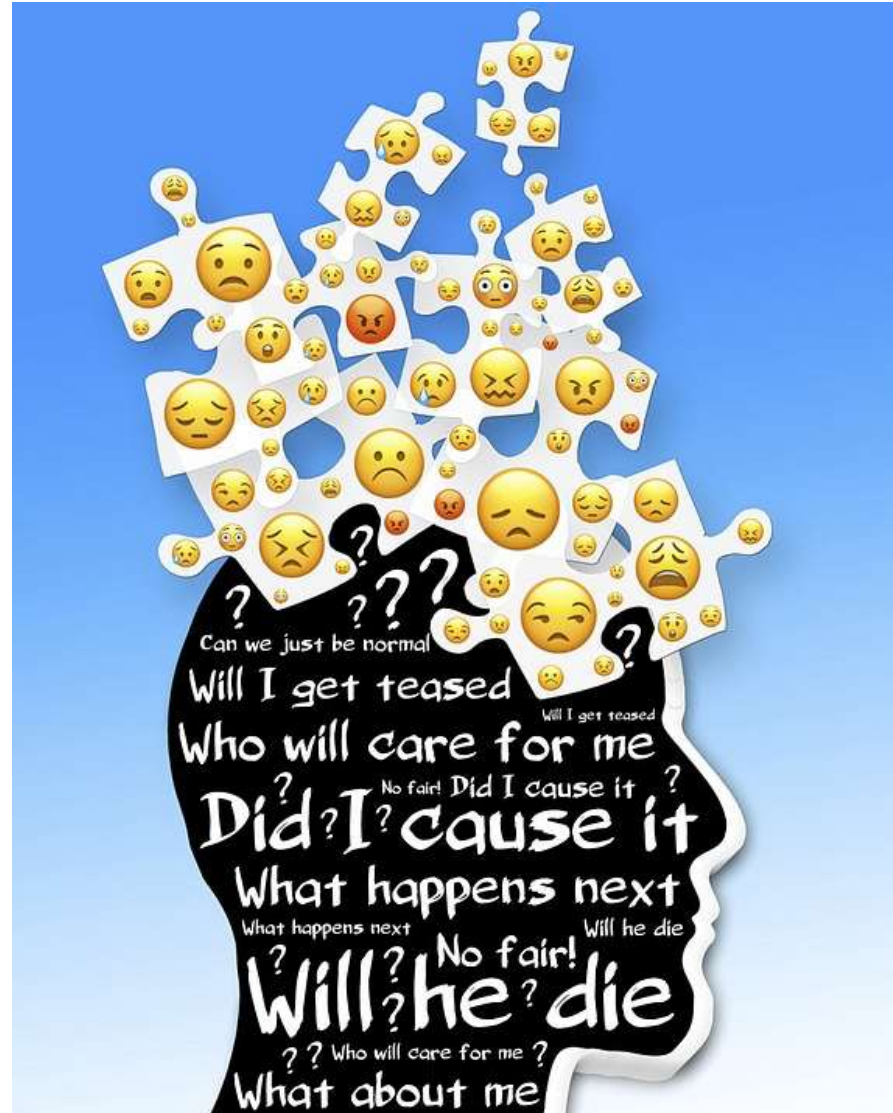
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 If your worry *does not* come true, what will probably happen instead?

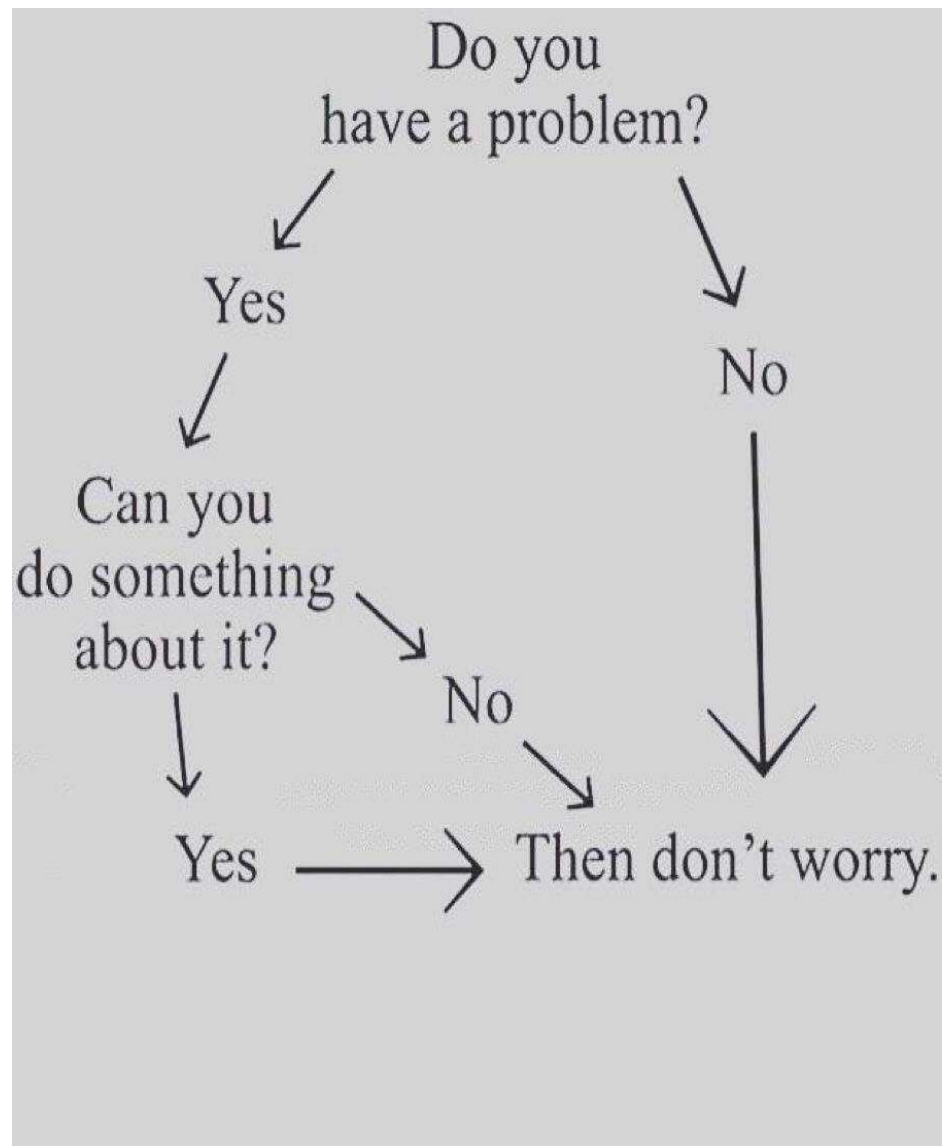
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# Validate and challenge



# Problem-solving

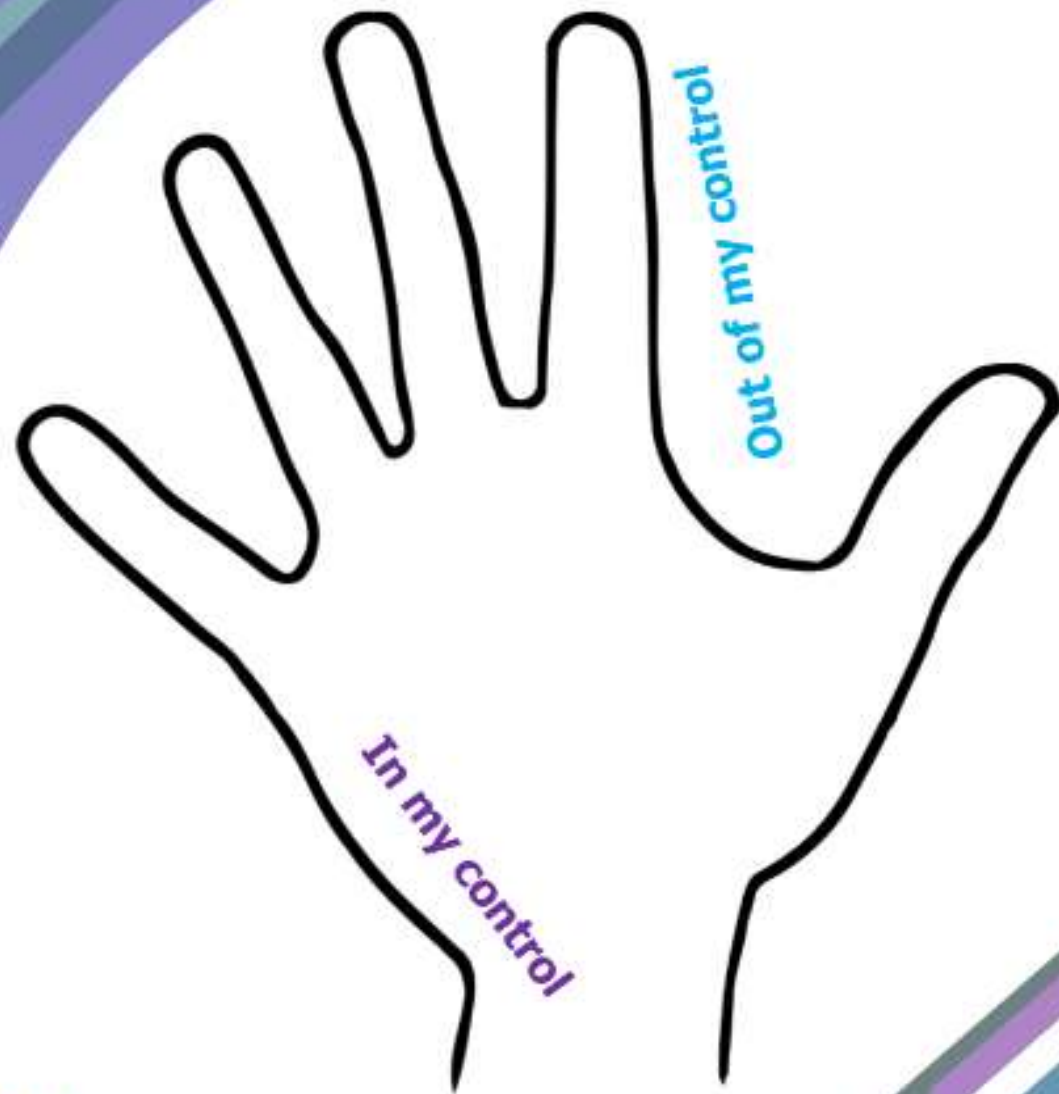


# Focus on what is within your control



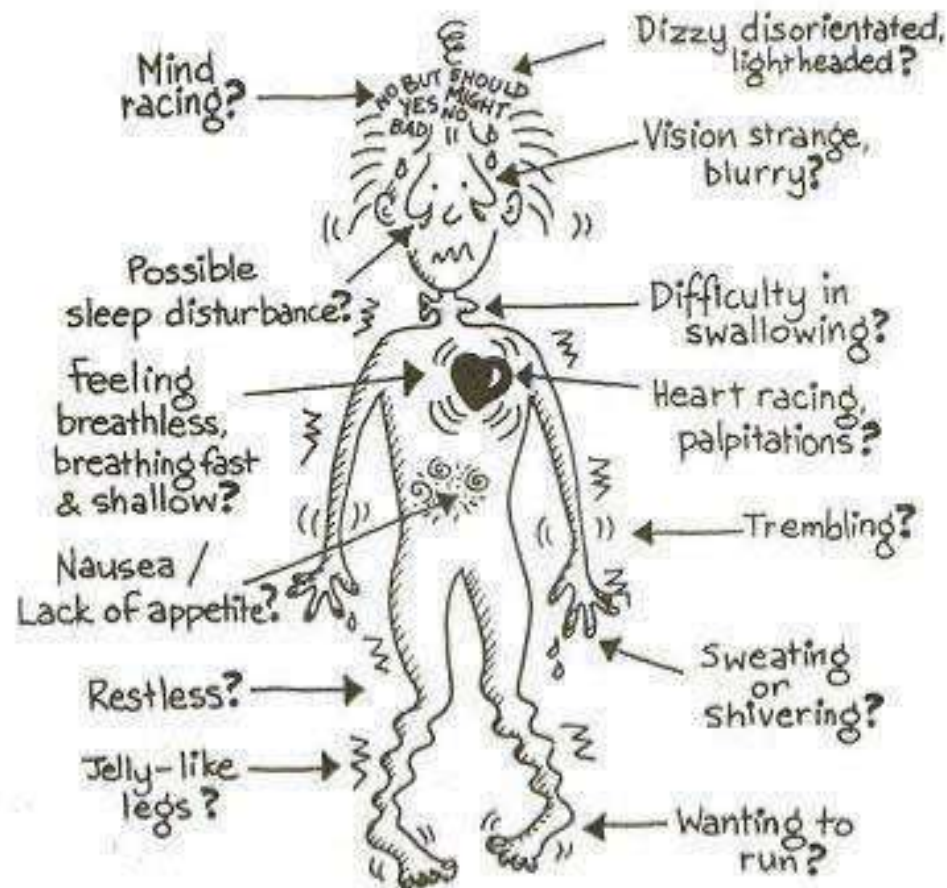


# What can I control?

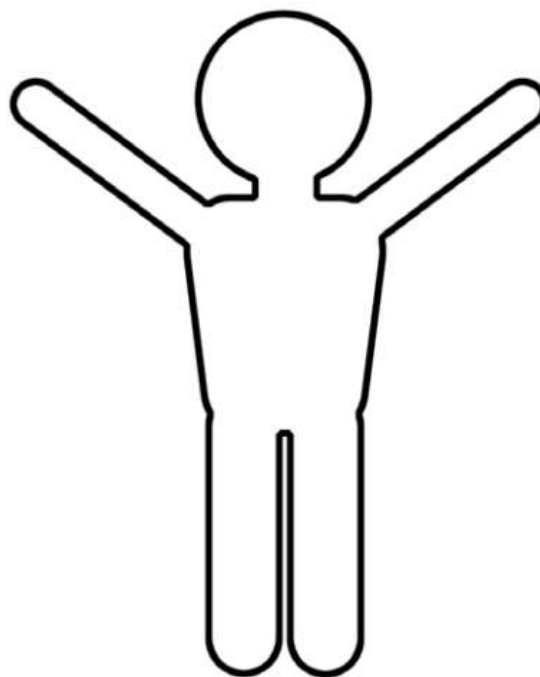


# Calming our body signals

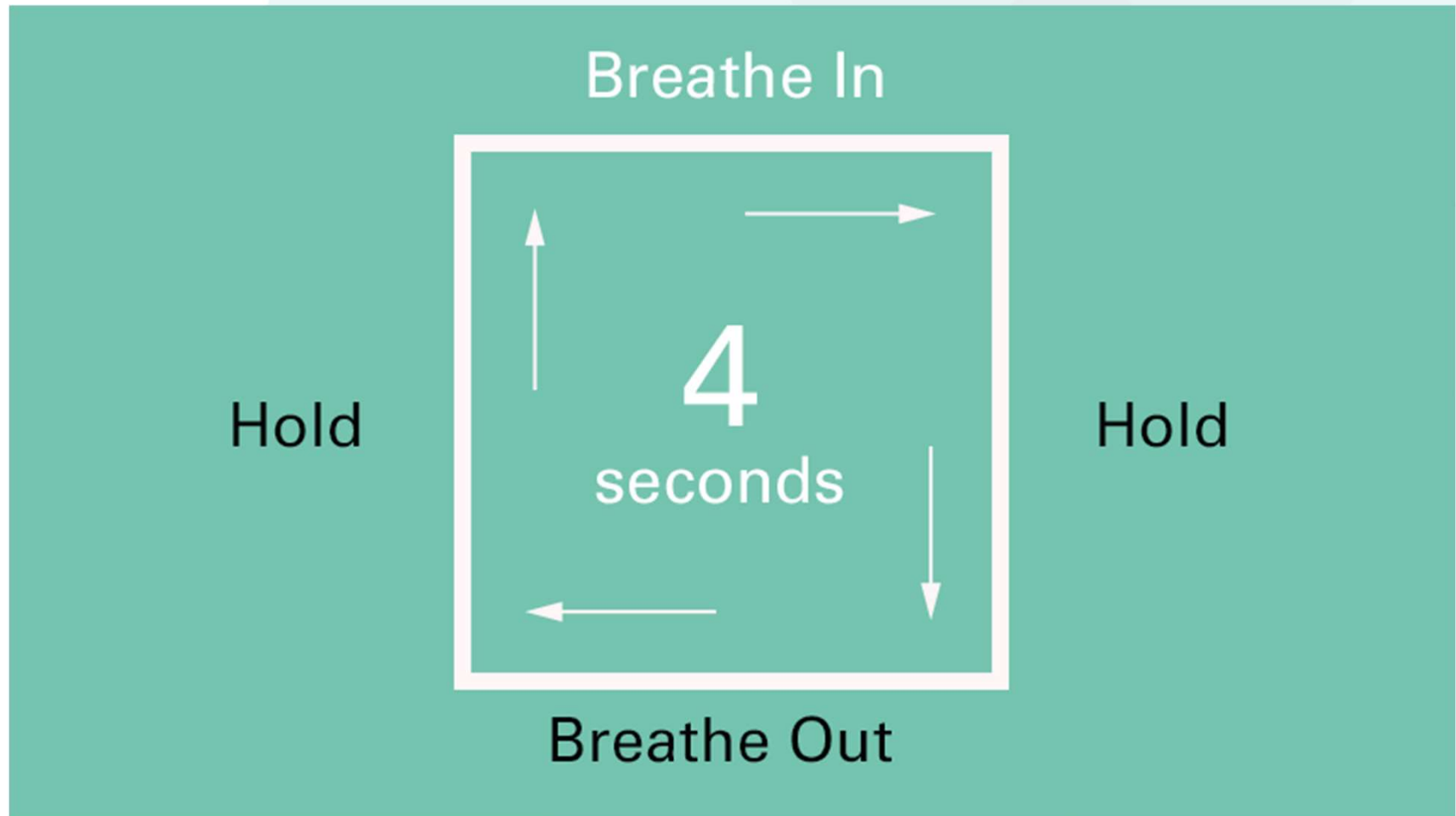
DOES THIS LOOK  
FAMILIAR?



How does your body feel when you are nervous or scared? Color the areas where you can sense these feelings.

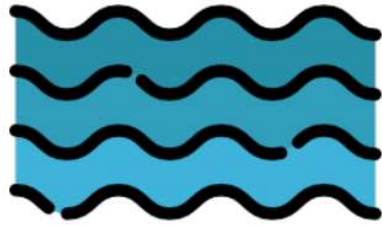






[6 Relaxation Activities for Kids | Save the Children](#)

## Worry Coping Cards



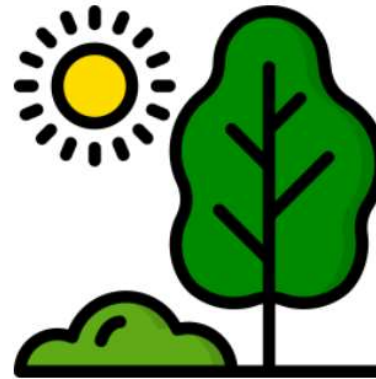
**Take Deep Breaths**



**Stop and Listen**



**Draw Your Worry**



**Favorite Place**

# when you feel ANXIOUS

@POSITIVELYPRESENT



TAKE A DEEP BREATH



LISTEN TO SOOTHING SONGS



FIND A POSITIVE DISTRACTION



# Relationships are key

Its you and me  
vs. the problem

Not you vs. me



"Being kind to yourself is one  
of the greatest kindnesses," said  
the mole.

Charlie Mackery

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# Resources

- <https://www.lpft.nhs.uk/young-people/online-workshops> a series of online videos and workbooks free to download – for primary & secondary age as well as parents/carers
- <https://www.annafreud.org> – national charity with wide range of resources for schools, children, young people & families
- <https://hampshirecamhs.nhs.uk> – links to anxiety information/podcasts/apps/workbooks for children, young people, parents/carers & professionals
- Apps: e.g. HeadSpace and ThinkNinja
- <https://www.westsussexmind.org/training-courses/mental-health-training/training-to-support-young-people/training-for-parents-and-carers> - Online webinars and trainings for parents and carers