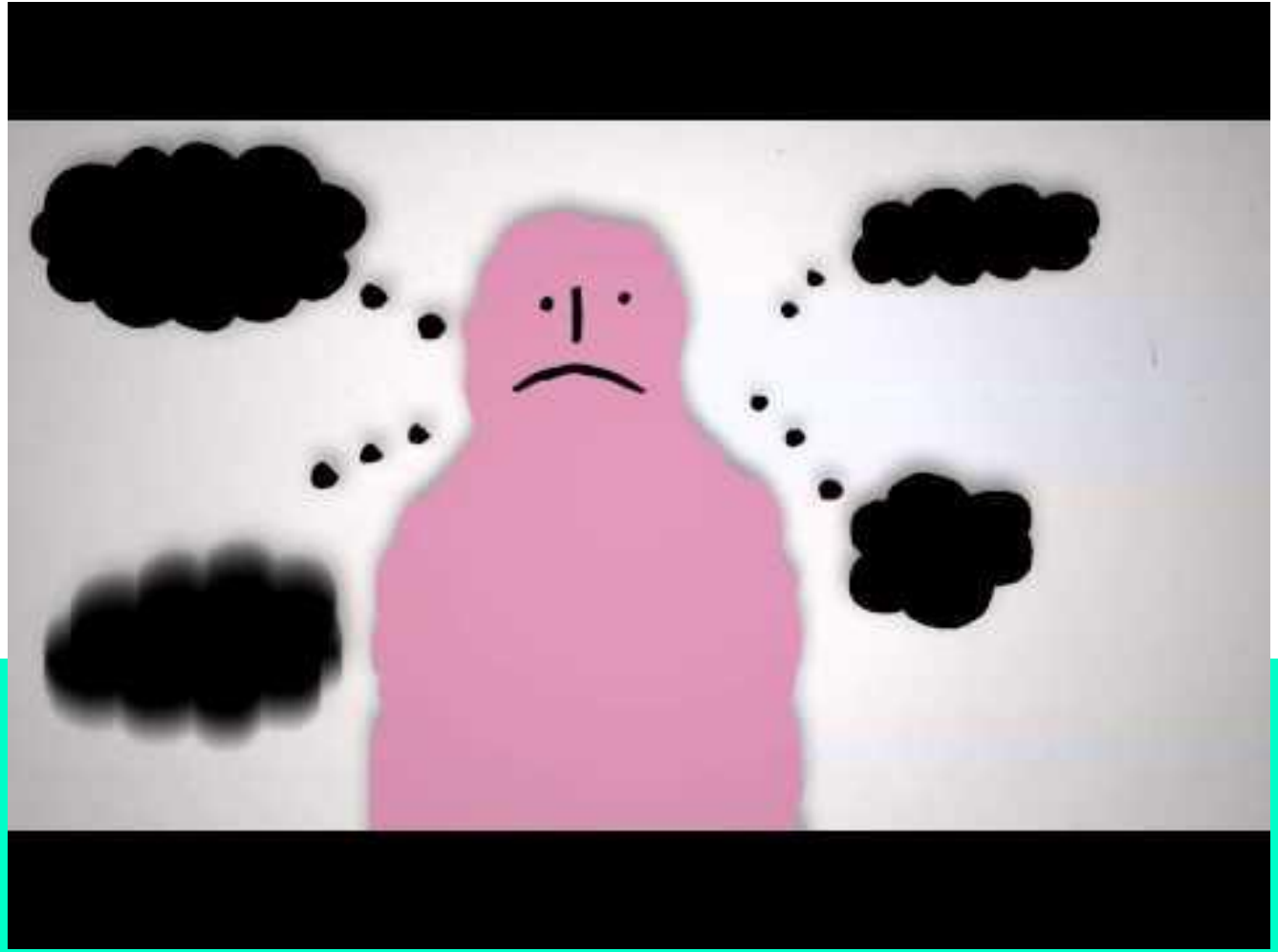
Anxiety Support at Testwood School

How can we better support those children suffering from anxiety?



What IS Anxiety?

A general feeling of **worry** that something bad is going to happen.

Feeling **nervous** or **uneasy** about something with an uncertain outcome.

What is a panic attack?

It is a feeling of **sudden and intense anxiety**.

Why do we feel anxious? Where does it come from?

Back in prehistoric times there were threats around every corner, e.g. sabre-toothed tigers, so we have an in-built panic alarm, called the ‘fight-or-flight response’.



The Fight or Flight Response

The stress hormone adrenaline is triggered in the brain and rushes through the body to enable you to fight off the attack, or get away as quickly as possible.

It is when we start to feel anxious at times when we don't need it, or when it happens all the time, that it becomes a problem.



Which is it? Everyday Anxiety? or Anxiety Disorder?

Everyday Anxiety	Anxiety Disorder
Worry about doing well at school, friendship break ups or important life events.	Constant and unsubstantiated worry that causes significant distress and interferes with daily life.
Embarrassment or self-consciousness in an uncomfortable or awkward social situation.	Avoiding social situations for fear of being judged, embarrassed or humiliated.
A case of nerves or sweating before a big test, stage performance or presentation.	Seemingly out-of-the-blue panic attacks, and fear of having another one.
Realistic fear of a dangerous object, place or situation.	Irrational fear or avoidance of an object, place or situation that poses little or no threat of danger.
Anxiety, sadness or difficulty sleeping immediately after a traumatic event.	Recurring nightmares, flashbacks or emotional numbing related to a traumatic event that occurred several months or years before.

What are the common tough spots?

A difficult start

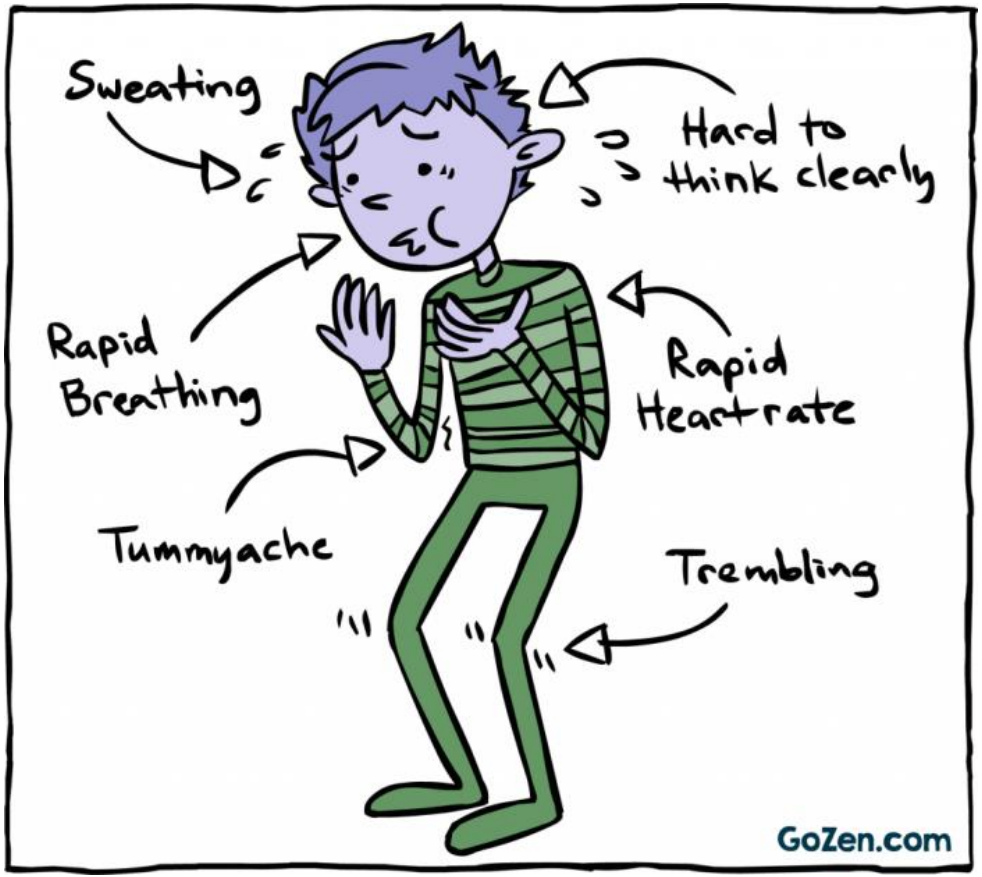
Sometimes we need some help to “jump in” to school



But once we’re in the flow of the day, with our peers, the day often gets easier.



Some help to “jump in” is sometimes all that is needed



https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-panic-attacks/

Anxiety/Panic Attacks

The physical symptoms of a panic attack can be very scary and overwhelming.

If our stress and worry levels have been slowly increasing over time, and we do not have an outlet to talk them through, we are more prone to panic attacks.

It’s like having a tightrope in your mind that is triggered by the slightest thing.

Coping with a panic attack

1. **BREATHING**: Sit down concentrate on getting your breathing under control. Breathe in through your nose for 7 seconds and out strongly through your mouth for 11 seconds.
2. **RIDE IT OUT**: Don’t try to fight the panic, just let it ‘do it’s thing’ until it runs out of steam. It WILL ease off, trust that it won’t last.
3. **RECOVER AND GET ON**: Remind yourself that you are safe and start to notice your surroundings. Try to carry on with whatever you were doing before the panic attack started.

Remind yourself that YOU are in control of the panic attack, not the other way around.

Don't Panic!

Anxiety isn't always a full-blown panic attack, it can come and go.

We can live with anxiety if we have a few tricks up our sleeves to cope with it.

Our top tips to combat anxiety

1. Talk to someone
2. Get Active!
3. Distract yourself
4. Don’t avoid anxious situations, learn to cope

1: Talk to someone



We all need a **support network** around us, so we have a range of people to speak to when we have a worry.

- **Family** - make time and create opportunities to talk. Over dinner, going for a walk…
- **Friends** - make time to hang out, watch a DVD
- **Pastoral support in school** - Tutor, Peer Mentors, Mrs Challis, Mrs Hill, progress leaders
- **Support organisations** such as texting ChatHealth, ring or online chat with NSPCC (Childline) or the Samaritans.
- Use **apps** such as Think Ninja to process your thoughts.

2: Get Active

Physical activity is proven to **lower stress levels** and **raise endorphins** which are **feel-good hormones.**

You may not feel like exercising to start with but you will feel great afterwards.



2: Get Active





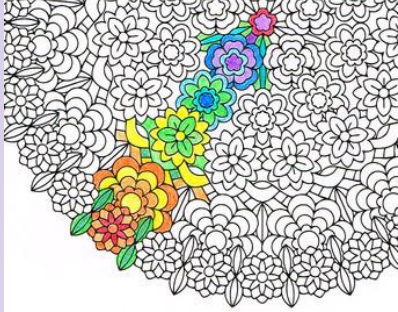
- Go for a **walk** - to the shop, round the block, to and from school
- Ride your **bike** - with friends, to and from school.
- Join the **gym** - go with a friend
- You Tube fitness routines - HIIT workouts, Zumba, Dance routines?
- Join a school or local **club**, e.g. martial arts, football, netball, **yoga**, gymnastics.

If you commit to regular exercise with a friend or family member you are more likely to stick at it.

YouTube

3 Distraction





Sometimes there is no obvious cause for your anxiety which makes it difficult to deal with. The best you can do is try to give your brain a break with a distraction.



- In lessons - **Breathing** or **counting techniques**, e.g. square breathing, counting the letters in a paragraph, counting back from 100 in 7's.
- Be creative - colouring, drawing, crafting
- Listen to music or a watch a box set on TV, e.g. comedy sitcom.



Where can I find support?

The school library has some good ‘self-help’ **books** and there are some good titles available in book shops. E.g. Spiffy.

https://livespiffy.co.uk/

There are lots of **apps** that can be really useful for guided meditation and help with getting to sleep.

There are some great **websites** to help such as NHS Moodzone (https://www.nhs.uk/conditions/stress-anxiety-depression/), and Young Minds (https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/).

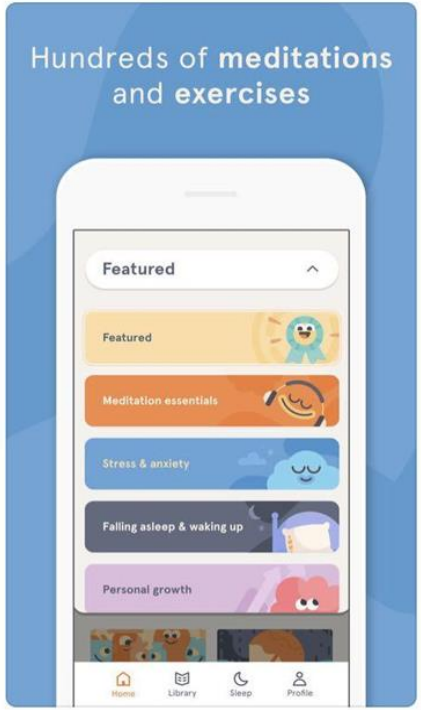
Headspace app

HEADSPACE®







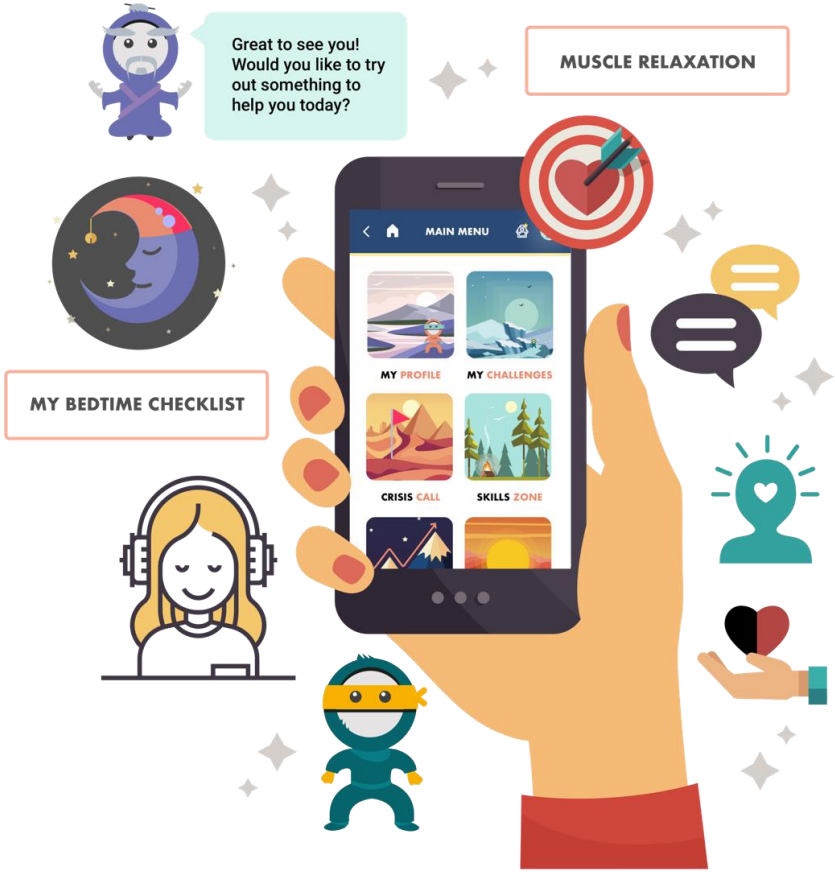


Calm app


Calm
Meditate
Breathe
Breathe on beat for relaxation
Programs
Focus on specific goals with our multi-day series
7 Days of Calm
Learn the basics of mindfulness meditation
21 Days of Calm
Deepen your mindfulness meditation practice
7 Days of Managing Stress
A program to help alleviate stress in day-to-da...
7 Days of Focus
Enhance your ability to focus
7 Days of Calming Anxiety
Experience reduced levels of anxiety
7 Days of Sleep

Think Ninja


thinkninja


Great to see you! Would you like to try out something to help you today?
MUSCLE RELAXATION
MAIN MENU
MY PROFILE
MY CHALLENGES
CRISIS CALL
SKILLS ZONE
MY BEDTIME CHECKLIST

Ideas to take away with you this evening

We are grateful to the people who have joined us this evening to share ideas on different kinds of support that may help those suffering from anxiety. For example;

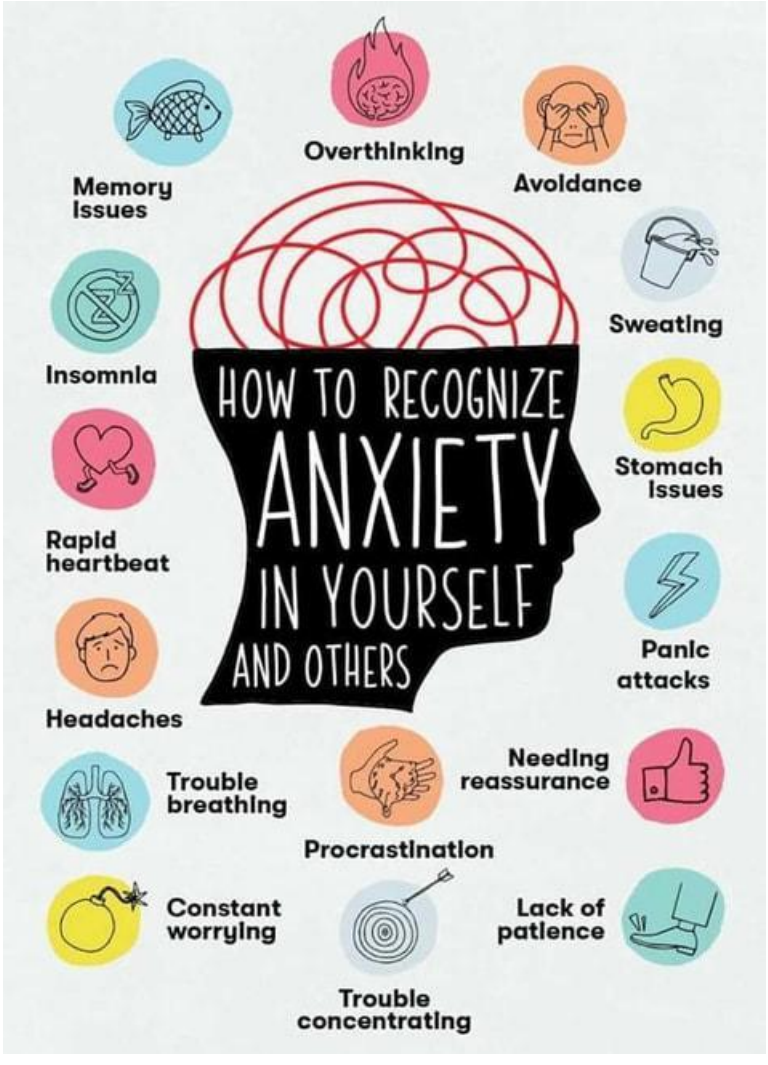
Yoga

Reiki

Mindfulness

Do take some time to talk to us about what support is available both inside and outside of school in our local area.


when you feel ANXIOUS
@POSITIVELY PRESENT
GO OUTSIDE
ASK FOR HELP
I'M FEELING ANXIOUS. CAN YOU HELP ME?
CREATE SOMETHING
DRINK WATER
today I feel
WRITE ABOUT HOW YOU FEEL
TAKE A DEEP BREATH
FIND A POSITIVE DISTRACTION
LISTEN TO SOOTHING SONGS
YOU
STAY PRESENT


HOW TO RECOGNIZE
ANXIETY
IN YOURSELF
AND OTHERS
Overthinking
Memory Issues
Avoidance
Sweating
Insomnia
Stomach Issues
Rapid heartbeat
Panic attacks
Headaches
Trouble breathing
Needing reassurance
Procrastination
Constant worrying
Lack of patience
Trouble concentrating