



ANXIETY

WHAT IS ANXIETY?

- <https://www.youtube.com/watch?v=lqAUMsqiFxl&t=18s>
- [What causes anxiety and depression - Inside Out - YouTube](#)
- [How to stop feeling anxious about anxiety | Tim Box | TEDxFolkestone - YouTube](#)
- <https://www.youtube.com/watch?v=QT6FdhKriB8>
- <https://youtu.be/1KYC5SsJjx8>

HOW CAN WE HELP CHILDREN



- Help ourselves first
- Model safety- I'm ok-you're ok
- Co- regulate
- Validate and seek to understand
- Psychological safety- allow children to have a voice
- [Resources for Intervention - Google Drive](#)
- Seek further help if debilitating-
- https://www.iesohealth.com/areas/west-kent?utm_source=Google&utm_medium=CPC&utm_campaign=West_Kent_CBT_RSA&gclid=Cj0KCQiAo-yfBhD_ARIsANr56g5EDH-VBHY7GAa0iiDbS7W7_jQohGp_rLfPA3KCACNBz3YUOnKxIWUaAvEhEALw_wcB
- If you type in free online CBT, there are resources to help work through thinking patterns.

WHAT CAN HELP THEM TO HELP THEMSELVES?

- Journaling- scientifically proven that 5 minutes of journalling can help mental health. Writing down things we have struggled with can help to process our experiences. Thinking about the positives, can help us recognise that one low point in a day does not define the whole day. (Happy Confident Me)
- Nature
- Exercise
- Regulating-not just breathing-singing/sounds, correctly identifying/labelling emotions and rhythmic movements
- Healthy diet
- Sleep
- Talking to someone who really listens with empathy
- Connection
- Joy-brains like batteries. Endorphins fill up our batteries.
- Having a basic understanding of neuroscience- hand model

- Transitional objects
- Seek help if debilitating
- CREW
- Mental health scale
- Helping others

A lush garden scene featuring a central lawn area. The lawn is surrounded by a low stone wall and is filled with various flowers, including pink, yellow, and white blooms. In the background, there are several trees and more greenery. The overall atmosphere is peaceful and well-maintained.

ACTIVITY

- <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

SUPPORTING CHILDREN WITH THEIR MENTAL HEALTH:

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- <https://mentallyhealthyschools.org.uk/mental-health-needs/>

- <https://www.youngminds.org.uk/>

- <https://northkentmind.co.uk/>

- <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

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- <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

SPECIFIC PARENTING ADVICE:

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- Sleep and ADHD:

- <https://www.sleepfoundation.org/mental-health/adhd-and-sleep>

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- General Sleep Advice:

- <https://sleephealthfoundation.org.au/pdfs/Behavioural%20Sleep%20Problems%20in%20Children.pdf>

- https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems?gclid=EAlaIqObChMlioCCn6SP-gIVE5ftCh2DWQ6wEAAYAyAAEgKg7fD_BwE

- <https://thesleepcharity.org.uk/information-support/children/>

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SUPPORTING CHILDREN WITH ANXIETY:

- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>
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- https://mentallyhealthyschools.org.uk/mental-health-needs/anxiety/?gclid=EAlaIQobChMIzbW6k6WP-gIV2O7tCh3rTA2VEAAYAiAAEgLj6PD_BwE
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- Parental support for parents with a seriously ill child:
- https://www.rainbowtrust.org.uk/parentsmatter?gclid=EAlaIQobChMIzbL2g6aP-gIVC-rtCh2eJASHEAAYAiAAEgLJkfd_BwE

GENERAL PARENTING ADVICE:

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- Help on varying topics including routines and behaviour:
 - https://families.barnardos.org.uk/?gclid=EAlaIQobChMIzZmnl2P-glV74FQBh15iAp0EAAYAiAAEgJ7CvD_BwE
- Behaviour advice:
 - https://parents.actionforchildren.org.uk/behaviour/?gclid=EAlaIQobChMI46KK6qKP-glVQoFQBh0tkQaxEAAYASAAEgJk_PD_BwE
- Various topics:
 - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

LOCAL SERVICES

- Local charity offering free exercise classes, listening service and parent support groups:
 - <https://www.thegrand.org.uk/>
- Charity providing support for rape or sexual abuse support:
 - <https://www.familymattersuk.org/>

- A local parenting course run by local parents (8 weeks):
- <https://www.kentcht.nhs.uk/service/empowering-parents-empowering-communities-epec/>
- Free online parenting classes at Kent Adult education:
- <https://www.kentadulthoodeducation.co.uk/course-areas/family-courses/parenting/>
- Local school providing free parenting workshops:
- <https://www.ifieldschool.com/page/?title=Professional+Courses&pid=50>