

Anxiety, Panic & School Pressure

Resources

WEBSITES



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

YoungMinds Parents Helpline – call 0808 802 5544 (Monday to Friday 9.30am to 4pm, free for mobiles and landlines)



<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>



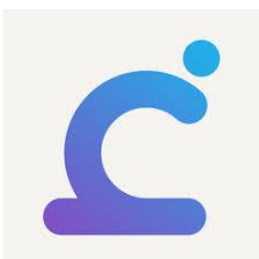
<https://www.childline.org.uk/>

APPS



HEADSPACE®

Headspace - A free, easy to use app which contains guided meditation and relaxation techniques



Calm Harm – A free easy to use app for when there is an urge to self-harm or when there is increased anxiety. Contains techniques under these headings: Comfort, Distract, Express Yourself, Release, Random and Breathe.

OTHER AGENCIES

Bedford Open Door - <http://www.bedfordopendoor.org.uk/> - Bedford Open Door is a charity providing FREE and confidential counselling to young people. Counselling is provided by a team of fully trained, experienced and friendly volunteer counsellors.

CHUMS - <http://chums.uk.com/> - CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. You can self-refer to CHUMS through their website

Sorted Dunstable - <https://www.sortedbedfordshire.org.uk/> - Sorted offers a FREE and CONFIDENTIAL counselling service for young people aged between 10 and 25 years in Dunstable, Houghton Regis and the surrounding areas

Kooth - <https://www.kooth.com/> - Free, safe and anonymous online support for young people

School & colleges – most schools & colleges now have counsellors/student support staff who are able to offer 1:1 support

Helpful Hints & Tips

Child Therapist's List of Top Worries by Age



All kids have fears. Your baby may panic if a stranger picks her up. Your toddler may be afraid of dogs. Your third grader may get a stomachache the day he's starting a new school. But some kids worry a lot more than others. It's always painful to watch a child suffer from anxiety, but it's especially difficult if you're not sure whether she's worrying too much and might need help.

The difference between normal worry and an anxiety disorder is severity. Although feeling anxious is a natural reaction to a stressful or dangerous situation, a child may need help if his anxiety is out of proportion, if it persists, or if it interferes with his life and healthy development.

AGE 2 - 4 YEARS OLD



- Fear of the potty
- Fear of the dark
- Fear of shadows
- Fear of sleeping alone
- Fear of weather
- Fear of loud noises

AGE 5 - 7 YEARS OLD

- Fear of the dark
- Fear of fire
- Fear of bad guys
- Fear of taking tests
- Fear of peer rejection
- Fear of doctors & shots
- Fear of bugs & animals



AGE 8 - 11 YEARS OLD



- Fear of bad guys & ghosts
- Fear of being home alone
- Fear of dying
- Fear of sickness
- Fear of school failure
- Fear of throwing up at school
- Fear of peer rejection

AGE 12 - 18 YEARS OLD

- Fear of their safety
- Fear of sickness
- Fear of throwing up at school
- Fear of failure in school or in sports
- Fear of school presentations
- Fear of how they look to others
- Fear of violence and global issues



AGE 18 - 20 YEARS OLD

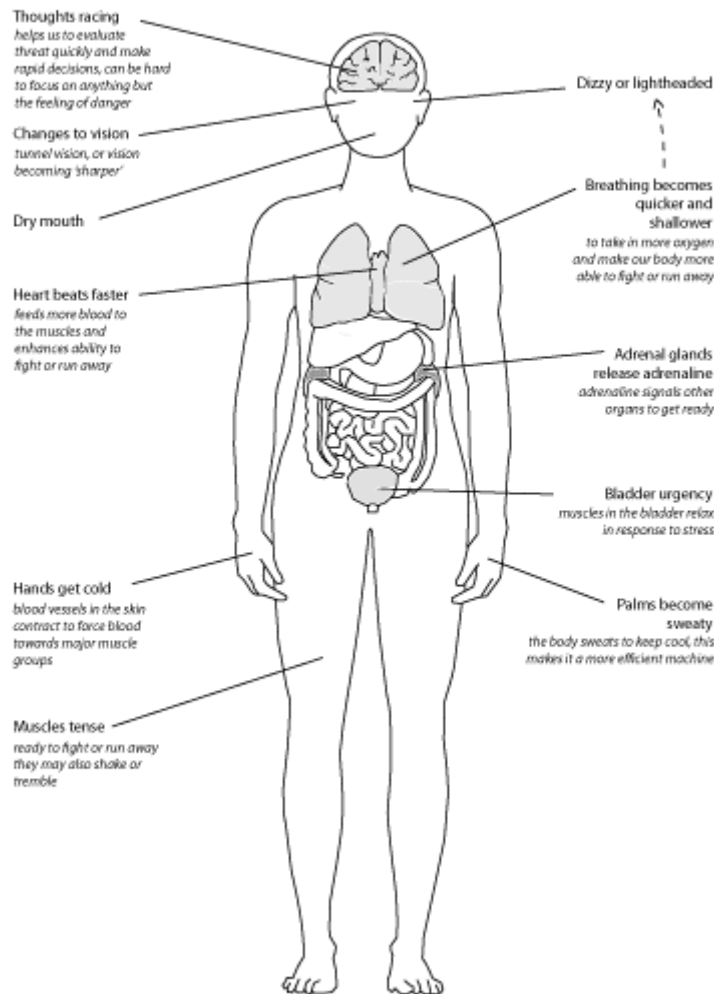


- Fear of germs & health
- Fear of being homeless
- Fear of death
- Fear of academic performance
- Fear of romantic rejection
- Fear of life purpose
- Fear of being an adult



Threat System (Fight or Flight)

The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically. All of the changes happen for good reasons, but may be experienced as uncomfortable when they happen in 'safe' situations.



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BALLOON BREATHING

Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

SHOULDER ROLL BREATHING

Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

BACK TO BACK BREATHING

Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING

Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

TAKE 5 BREATHING

Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

BUMBLEBEE BREATHING

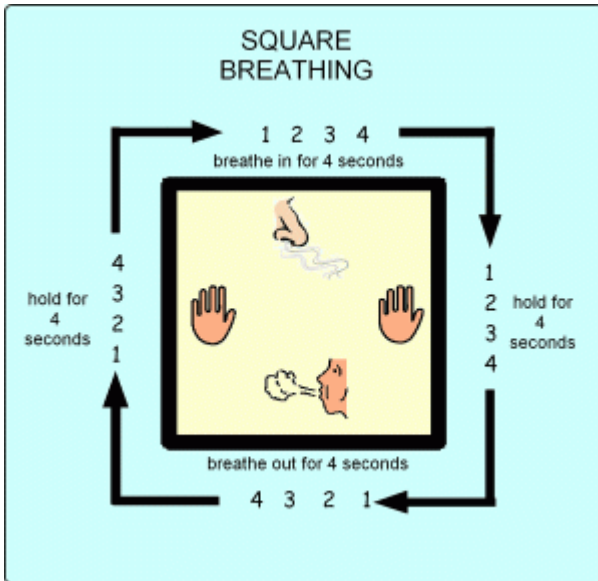
Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

ELEPHANT BREATHING

Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

BUBBLE BREATHING

Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.



BALLOON breathing



1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.
3. Take a deep breath in through your nose to fill your balloon.
4. Hold your breath for 2 seconds.
5. Breathe out through your mouth slowly to deflate your balloon.
6. Repeat balloon breathing 5 times.

*Follow your own breathing rhythm.

Reversing the vicious cycle of anxiety

