

# Anxiety

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**MindSpace**<sup>®</sup>

# What is Anxiety?

What is it?

What are the symptoms?

What are the different types? (Clue: there are 7 main types and a possible 8<sup>th</sup> for young people)

# What is Anxiety?

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

Anxiety usually comes in 7 different forms:

- Generalised Anxiety Disorder (GAD) - a person worries about many things. Someone with generalized anxiety may worry excessively about school, the health or safety of family members, and the future. They may always think of the worst that could happen.
- Phobias - These are intense fears of specific situations or things that are not actually dangerous, such as heights, dogs, or flying in an airplane. Phobias usually cause people to avoid the things they are afraid of.
- Social Anxiety - This intense anxiety is triggered by social situations or speaking in front of others. An extreme form called selective mutism causes some kids and teens to be too fearful to talk at all in certain situations.

(NHS 2016)

# What is Anxiety?

- Post traumatic stress disorder (PTSD) - a type of anxiety which comes from a traumatic or terrifying past experience. Symptoms include flashbacks, nightmares, or constant fear.
  - Obsessive compulsive disorder (OCD) - For a person with OCD, anxiety takes the form of obsessions (bad thoughts) and compulsions (actions that try to relieve anxiety).
  - Health anxiety (sometimes called hypochondria) - when you spend so much time worrying you're ill, or about getting ill, that it starts to take over your life.
  - Panic Disorder - an anxiety disorder where you regularly have sudden attacks of panic or fear. Someone with panic disorder, feelings of anxiety, stress and panic occur regularly and at any time, often for no apparent reason.
- (NHS 2016)
- Separation Anxiety- is an eighth form of anxiety that may be prevalent in young people who struggle to be away from parents or environments such as home.

# What is anxiety?

## Signs to look out for in your child are:

- a churning feeling in your stomach
- feeling light-headed or dizzy
- pins and needles
- feeling restless or unable to sit still
- headaches, backache or other aches and pains
- faster breathing
- a fast, thumping or irregular heartbeat
- sweating or hot flushes
- problems sleeping
- grinding your teeth, especially at night
- nausea (feeling sick)
- needing the toilet more or less often
- Having panic attacks.
- Feeling tense, nervous or unable to relax
- Having a sense of dread, or fearing the worst
- Rumination – thinking a lot about bad experiences, or thinking over a situation again and again

(Mind 2016)



# Promoting Positive Mental Health

- Sleep – Create a healthy sleep routine. Adolescents should have around 8-10 hours of sleep a night.
- Diet – A balanced diet can help lift mood and increase energy levels.
- Exercise – Regular physical activity is associated with lower rates of depression and anxiety across all age groups.
- Hydration – drinking water can help fight fatigue and increase concentration.
- Relaxation – make time to destress from the day and have some quality ‘you’ time.
- Communicate – talk to someone about your thoughts and feelings. This can relieve negative emotions and create a positive support system.

# What can help?

Encourage the young person to create a self-sooth plan/box.

- Explore the different senses, support systems and environments that help them feel more relaxed and calm.
- Create a toolkit with the different things discussed that is easily accessible (consider which things can be used where e.g. at school, at home)

**My Self Sooth Box**

What helps you feel calm and relaxed? What can help you manage your feelings? What would you add to your box of useful things?

What sounds do you like to hear?	What things do you like to smell?	What things do you like to feel?
What things do you like to taste?	What things do you like to look at?	What things do you like to do?
Where do you like to go?	Who do you like to be around?	



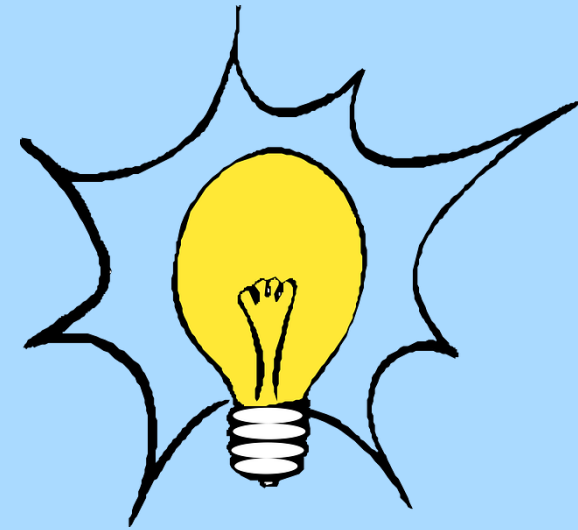
# What can help?



Glitter Jars



Relaxation/meditation



Positive self-reflection

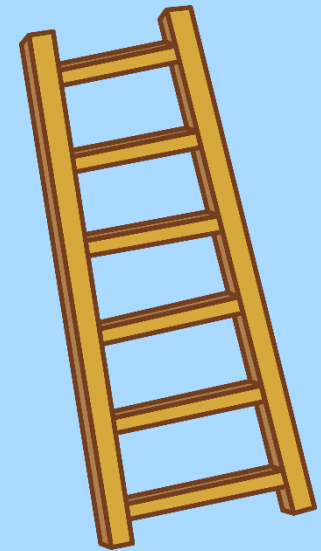
# What can help?



Challenging Negative Thoughts



Problem Solving



Exposure

# Helpful Links and Apps

- Mindshift CBT app
- ClearFear app
- Fear tools app
- Calm app
- What's up app
- Relax Melodies app
- Mood Tracker app
- Young Minds website
- Moodjuice website