

Managing anxiety in young people

Williamwood High School

Lets talk about what's happening

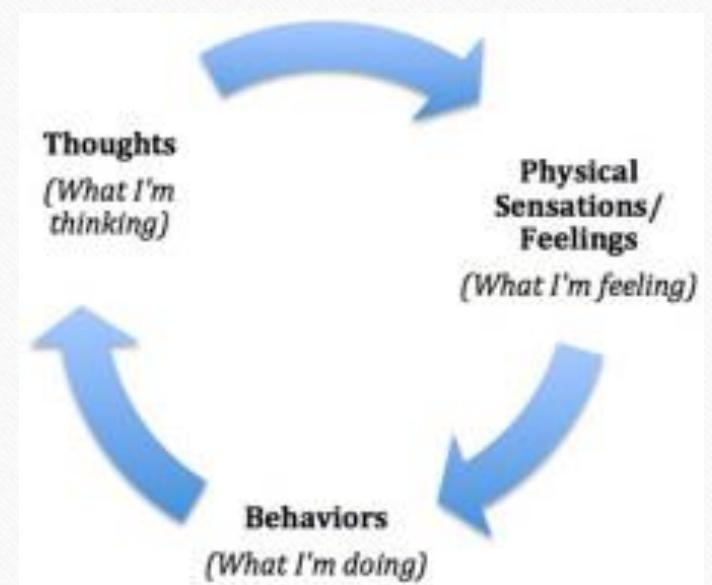
It's worth having an understanding of how your young person's brain is functioning just now. Much of their thinking is being done by the Amygdala, the part of the brain that manages emotions. Let's watch this short video.

[video - mindbump](#)

Signs and symptoms

Anxiety is really unpleasant, our brains want us to notice!

- Mind racing or going blank
- Poor concentration and memory
- Difficulty making decisions
- Irritability, impatience, anger
- Sleep disturbance and tiredness
- Nervous and on edge
- It's useful to remember that their hormones are also all over the place.....



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Physical symptoms may include:

- Rapid uneven heartbeat
- Chest pain
- Over breathing or breathlessness
- Dizziness
- Headaches
- Sweating
- Choking sensations
- Dry mouth
- Nausea, vomiting, diarrhoea
- Muscle aches and pains
- Restlessness, tremors, shaking

Mindfulness

- We're all doing too much multi tasking especially when it comes to electronic devices. Encourage an activity such as mindfulness apps or a hobby which zones everything else out, like art or music. The Headspace app even has a sleep program that can be very useful for over thinkers.

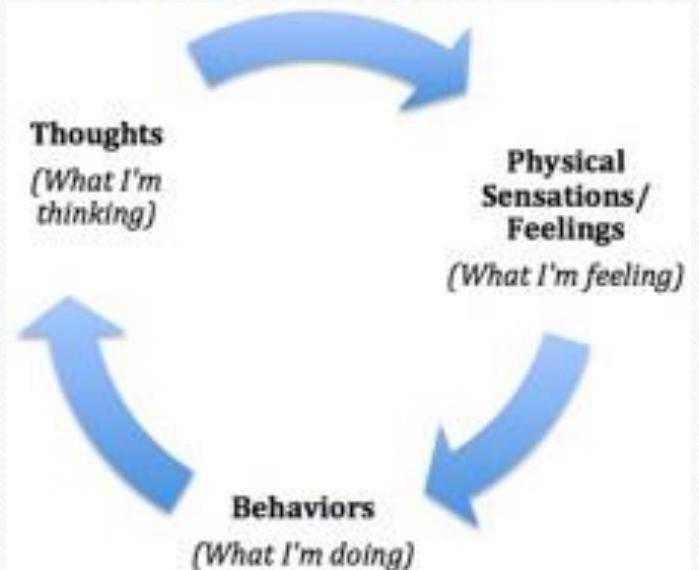


Living life to the full

- Williamwood High School uses a simple cognitive behavioural therapy(CBT) program called 'Living life to the full' to support young people who feel anxious a lot. Speak to your child's Pastoral Care teacher about getting a download code for the course if you're concerned. We would strongly encourage you to do the course alongside your young person so that you then have a shared language to use when you talk about anxiety. CBT is all about retraining the brain so your support and encouragement will really help.

What is CBT?

- CBT is based on the idea that our thoughts impact how we feel and behave.
Let's watch this short video
- [CBT explained](#)



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Anxiety Traps and ‘thinking errors’

- These are easy to fall into and difficult to escape.
- Human nature to avoid challenging situations but it often makes the situation worse.
- Provide support to work out of the trap.
- Set short term, easy targets which address the problem. Work to increase exposure over time.

Get self help

- There are lots of resources and information about CBT at the following website:
- <https://www.getselfhelp.co.uk/>
- We've printed out some worksheets for you. You can find this one at:
- <https://www.getselfhelp.co.uk/docs/ThoughtRecordSheet7.pdf>
- It has great questions along the bottom to help you direct the conversation.

Coping skills

- Something that everyone uses.
- Help young people identify theirs and encourage them to make time for them.
- Use strategies when calm as well- strengthens the connections for times of stress and increases likelihood of success.

What if they won't talk?

- It's hard to help someone fix up their thinking if they won't speak to us. 'Emotionary' is a great app to help you open up some communication with your young person.

