



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>‘Acknowledging’</p> <p>A common coping mechanism is to ignore or find ineffective ways to manage stress or low/poor mental health of any kind.</p> <p>Supporting an individual to/who recognises they are experiencing stress, low/poor mental health or anxiety is an important acknowledgement.</p> <p>Having key people in the individual’s life that acknowledges the emotions the individual is experiencing is vital.</p> <p>This acknowledgement is needed both when the individual is experiencing anxiety and at times when the anxiety is reduced/not present.</p> <p>This is not a prevention or cure but a step with many other supports to supporting management of the anxiety.</p>	<p>Acknowledging involves noticing – even if the person is not expressing their anxiety verbally to you.</p> <p>Acknowledging involves being present with a person who expresses their anxiety, whether verbally or in other ways.</p> <p>Acknowledging involves responding to the person experiencing the anxiety by managing your own physiological and emotional regulation. This helps the other person to regulate. As humans we are wired to respond and regulate with each other’s nervous systems. By remaining calm you will assist the individual.</p> <p>Acknowledging involves being prepared with ways to share your acknowledgement with the individual. This can be non-verbally as above and with warm body language and avoiding verbal communication if this is best in the particular situation. Where verbal communication seems appropriate, it can be using phrases such as, “I’m wondering……; “I’ve noticed……; “I will try to help……” Where the individual experiencing the anxiety is expressing this verbally, using phrases such as, “Thank you for sharing how you feel with me”; “I’m glad that you felt able to share that with me”; “By letting me know this, I can work with you to think about ways I can help”.</p>	<p>For progression from this, see</p> <p>Positive Affirmation Cards</p> <p>Solution Oriented Approaches</p> <p>Coping step plans</p>