



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>'Guided relaxation'</p> <p>Guided relaxation, used regularly and well implemented, can be effective in assisting those who experience anxiety.</p> <p>Guided relaxation is often used as part of a well considered bedtime routine if this is a difficulty for a child/young person (or adult).</p>	<p>This may be something the child/young person could do on their own or with an adult assisting them at home once the approach has been explained and practiced and any resources needed have been provided.</p> <p>Sometimes people can find this funny and take time to develop their focus.</p> <p>Guided relaxation generally encourages people participating to close their eyes to reduce distractions and assist their listening to be enhanced. Some children/young people may not feel comfortable to do this. They should not be forced to do so. They may over time feel more comfortable to do so or might do this when they are in a context they are more comfortable.</p> <p>The physical space used for the guided relaxation needs careful planning. It needs to be a place that maximises comfort and minimises any sensory distractions or interruptions.</p> <p>If a child/young person has difficulties with their imagination, they may find guided relaxation difficult to fully engage with.</p> <p>For some individuals, once they find a guided relation they can connect most with, they may listen to this over. For others, the variety of guided meditations will be preferred.</p>	<p>A quiet space with no interruptions. The setting needs to be a place that the young person feels as relaxed as they possibly can before the exercise begins.</p> <p>A recorded guided relaxation or a sheet that an adult can read to the young person.</p> <p>Check this out? May be included? Guided Meditation Script for Kids - Free Relaxation Scripts for Kids (greenchildmagazine.com)</p>