



All Being Well



Due to the unprecedented circumstances that has disrupted learning, working, socialising, playing sport and general day-to-day life, peoples mental health and wellbeing has been impacted. Especially children and young people, who are experiencing higher levels of anxiousness than before.

Anxiety... What is it?

It's okay to feel anxious and nervous, worried or fearful in certain situations. These feelings are our bodies natural 'fight or flight response' to a perceived dangerous or risky situation. (Mental Health UK)



Physical symptoms of being anxious:

- a churning feeling in your stomach
- feeling light-headed or dizzy
- 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
- sleep problems
- grinding your teeth, especially at night
- nausea (feeling sick)

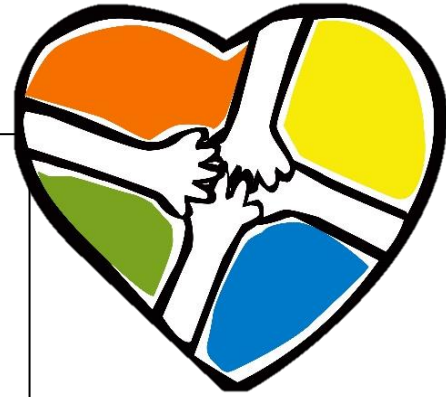
Do you recognise any of these symptoms or notice anything similar about your child?

(If your child displays some of these signs, it does not necessarily mean they have anxiety. Speak to them about it.)

Signs to look out for as a parent:

- finding it hard to concentrate
- not sleeping, or waking in the night with bad dreams
- not eating properly
- quickly getting angry or irritable, and being out of control during outbursts
- constantly worrying or having negative thoughts
- feeling tense and fidgety, or using the toilet often
- always crying
- being clingy all the time (when other children are ok)
- complaining of tummy aches and feeling unwell

What can you do to support someone who is feeling anxious?



As a parent/carer there is plenty that you can do to help or support a child. Firstly, talking to the child about their anxiety and worries is a good first step.

Here is a grounding technique you can use

5,4,3,2,1 (see, touch, hear, smell, taste):

- **5** objects you can see, describe these objects e.g. colour, size, material etc.
- **4** things that can be touched. feel the different textures, temperatures and shape.
- **3** things that can be heard, say what 3 things were heard.
- **2** things you can smell. Really think what they smell like
- **1** thing you can taste, go to the kitchen or if you have something edible on you, taste this and really think what flavours you can notice.

Or you can follow the YouTube video to direct you through a similar grounding technique listed on the newsletter.

It can be quite overwhelming for a parent & carer helping someone with their worries. Here are some things you could do to help.

- Exercising (or any type of physical activity). For example, an online workout together, going for a bike ride or even just a walk.
- Create a list of things your child is avoiding due to feeling anxious. Set an hour a week aside, "A Power Hour", to attempt the things that are making your child feel anxious.
- Spotting and balancing anxious thoughts. For example, if a friend does not reply to a message straight away this DOES NOT mean they are mad with you.
- You can access useful resources and information at www.allsaints.notts.sch.uk/information/careers/wellbeing

Helpful YouTube videos:

5 fingers, 5 senses (grounding technique)
<https://www.youtube.com/watch?v=26Z8Jr1vq5M>

Understanding and managing anxiety
https://youtu.be/xUZpGa_xXgg

Recognising and managing anxiety
<https://youtu.be/6qcW0QZsPAs>

Breathing technique—mini meditation
<https://youtu.be/hOHLZEK7vVI>

If things are not getting better and a child is still struggling with anxiety:

- You can make a GP appointment to try and get support through them.
- You can make an online referral yourself to CAMHS (Child & Adolescent Mental Health Service)
- You can also contact the school for support – Wellbeing@allsaints.notts.sch.uk

Useful apps your child could use:

- CalmHarm
- MeeToo
- Virtual Hope Box
- My Possible Self

Just Practice Calm

