

USEFUL INFORMATION FOR CHILDREN WITH ANXIETY

This leaflet was created by GP Dr Jo Willott in Buckinghamshire.

INTRODUCTION

Anxiety, often referred to as “worry” or “fear” is a normal, healthy, human emotion. If we did not worry when it was appropriate to do so we may get run over crossing a busy road and historically the cavemen would have all been eaten by dinosaurs as they would not have thought to run away.

But, if anxiety gets too big it can get in the way of everyday life. We know that approximately 15% children suffer with anxiety and for some it can have a significant impact on their schooling, socialising, family life and self-esteem.

Below are just a few useful resources to try and help you understand, take control and overcome your anxiety, or support your children to do so. This list is by no means exhaustive and does not replace speaking to a health care professional if you are concerned.

SIMPLE ADVICE

SLEEP : A lack of sleep can be a fundamental trigger for people with anxiety. This can be difficult to manage sometimes as we know that some people also find it difficult to sleep when they are anxious. However, trying to establish sensible bed time routines, limiting screen time close to bed, limiting sugary and caffeinated drinks prior to bedtime, can all help to create a better sleeping pattern.

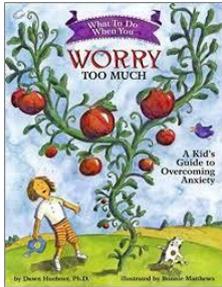
HEALTHY EATING: Ensure you eat sensibly with regular meals and try to avoid long periods without eating or excessive intake of sugar. Our bodies and minds are essentially machines and like cars they work better with good fuel in them.

EXERCISE: Try and get some fresh air and exercise regularly. We know that exercise releases “endorphins”, the bodies natural hormones that make us feel good.

EMPOWER YOURSELF OR YOUR CHILDREN: This is one of the most important things you can do. This means allowing yourself, or your child, to understand what anxiety is and equipping yourself / them with the tools to manage your / their emotions and feelings. By talking about anxiety and mental health issues you are very unlikely to make things worse but by ignoring them and hoping it may just go away you may do so.

USEFUL BOOKS

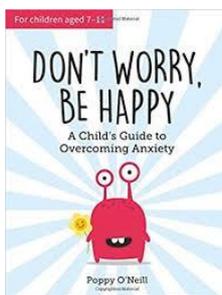
YOUNGER CHILDREN



What to do when you worry too much.

Dawn Heubner

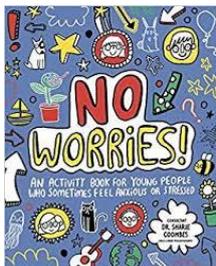
An interactive self help book for 6-12 year olds and their parents. It uses a Cognitive Behavioural Therapy approach that is simple, encouraging and motivates and empowers children to make change.



Don't worry, be happy

Poppy O'Neill

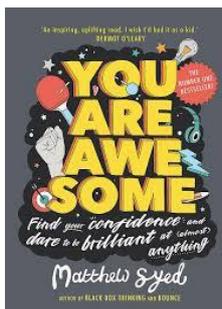
Aimed at children aged 7-11. With the help of Fiz, a friendly and supportive character, children will find useful tips and simple activities based on a CBT approach to overcome their anxiety.



No Worries / Mindful Kids

Katie Abey

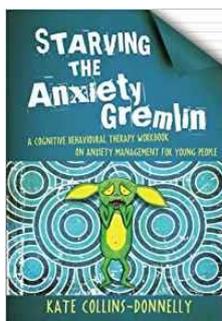
An interactive self care book for children 7+ to colour and doodle their way to happiness, calm and confidence.



You are Awesome

Mathew Syed

"A positive and empowering book that will help boys and girls build resilience, fulfil their potential and become successful, happy and awesome adults". Although this is not a book specifically about overcoming anxiety it will provide kids with valuable tools for life.



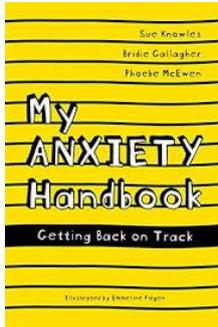
Starving the Anxiety Gremlin

Kate Collins – Donnelly

The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away.

Another CBT book for young children to learn about anxiety and how to overcome it.

TEENAGERS AND OLDER CHILDREN

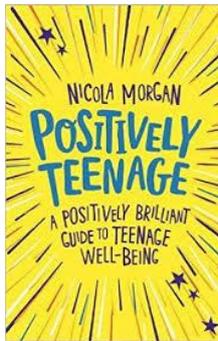


My Anxiety Handbook – getting back on track

Sue Knowles

This book will help young people with anxiety to recognise and manage their symptoms. IT will teach 12-18 year olds that they can be in control and overcome their biggest fears. Showing children that anxiety is a normal human emotion that many people face, this book helps them to understand the ins and outs of their own anxiety and helps them challenge the difficult patterns they

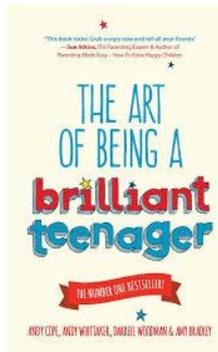
may get in to.



Positively Teenage

Nicola Morgan

Author of “Blame my brain” (see below) this book challenges the way the media portray adolescence negatively and shows you how to approach these exciting and sometimes daunting years far more positively so you can flourish and be the best you can be, and in control.

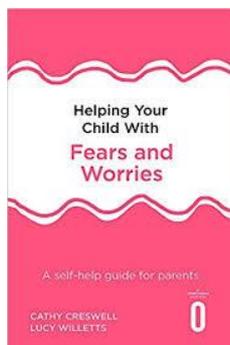


The art of being a brilliant teenager

Andy Cope

An entertaining book that teaches teenagers to be their best and how to figure out who that is!

PARENTAL GUIDES



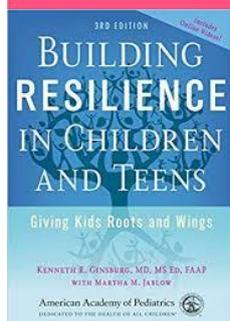
Helping your child with fears and worries.

Cathy Creswell and Lucy Willetts

(second edition of the previously titled “overcoming your child's fears and worries)

This useful guide will enable you to understand what is causing your child's worries and to carry out step to step practical strategies to help him or her

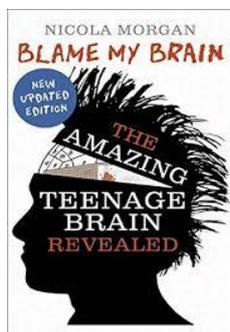
overcome them.



Building Resilience in Children and Teens – giving kids roots and wings.

Kenneth Ginsburg

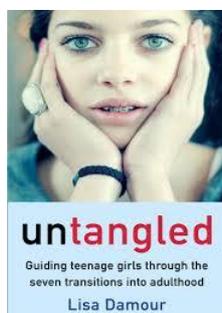
This book gives recommendations that guide parents to help their kids from 18m – 18 years to build on the 7 crucial C's – competence, confidence, connection, character, contribution, coping and control. All are essential to bounce back from life's challenges.



Blame my brain – The amazing teenage brain revealed.

Nicola Morgan

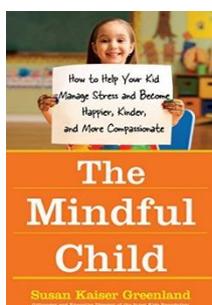
Contrary to popular (parental) opinion, teenagers are not the lazy, unpleasant louts they occasionally appear to be. During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep and the urge to take risks.



Untangled – guiding teenage girls through the seven transitions into adulthood

Lisa Damour

Once again, this is not a book about managing anxiety alone but more a tool to understand the changes that our teenage daughters go through from the move to secondary school to becoming an adult.

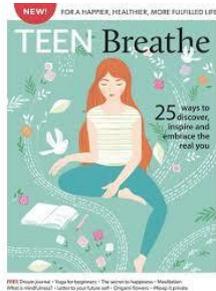


Mindful Parent

Susan Kaiser

Mindfulness has been shown to help adults overcome anxiety. Now parents can learn these techniques so that children who are under more stress than ever before can also lead a calm and positive life

MAGAZINES



www.teenbreathe.co.uk

teen breathe is a bimonthly magazine for ages 8-14 covering topics such as mindfulness, wellbeing, creativity and health. Go to their website to order copies, subscribe or find a stockist.

MINDFULNESS APPS FOR CHILDREN

CALM – This app provides mindfulness and sleep stories for children of varying ages.

HEADSPACE (for kids)– This App teaches parents and children together the art of meditation.

SMILING MIND - This app has great body scan meditations to help children develop the awareness of what's happening in their bodies. Learning about what's happening in your body is one of the first steps of an authentic mindfulness practice.

SUPPORT AGENCIES

Young minds – www.youngminds.org.uk

A charity fighting hard to get better services for children with mental health illness. They have information, advice and a parental support hotline.

Childline – www.childline.org.uk 0800 -11-11

A website full of information and a free, private and confidential service where you can contact someone to talk about anything, however big or small it may seem, at anytime.

Samaritans www.samaritans.org call free on 116-123

A charity providing 24hour support for anyone needing someone to talk to.

Youthconcern – www.youthconcern.org.uk a charity based in Aylesbury offering support and counselling to young people in the area.

Mind – www.org.uk – the mental health charity for adults and children.

SHOUT – 24/7 free text number for people in crisis. Teenagers are more likely to text than call someone! Text “Shout” to 85258 – any time for immediate support.

