

Module 1: Understanding Anxiety

Wellbeing Team

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**achieving
for children**

What is anxiety?

- Worries, fears or nervousness in response to potentially threatening situations or things
- Anxiety is a normal and helpful emotion but sometimes becomes a problem when it occurs in situations where it is not needed
- Often comes with physical symptoms

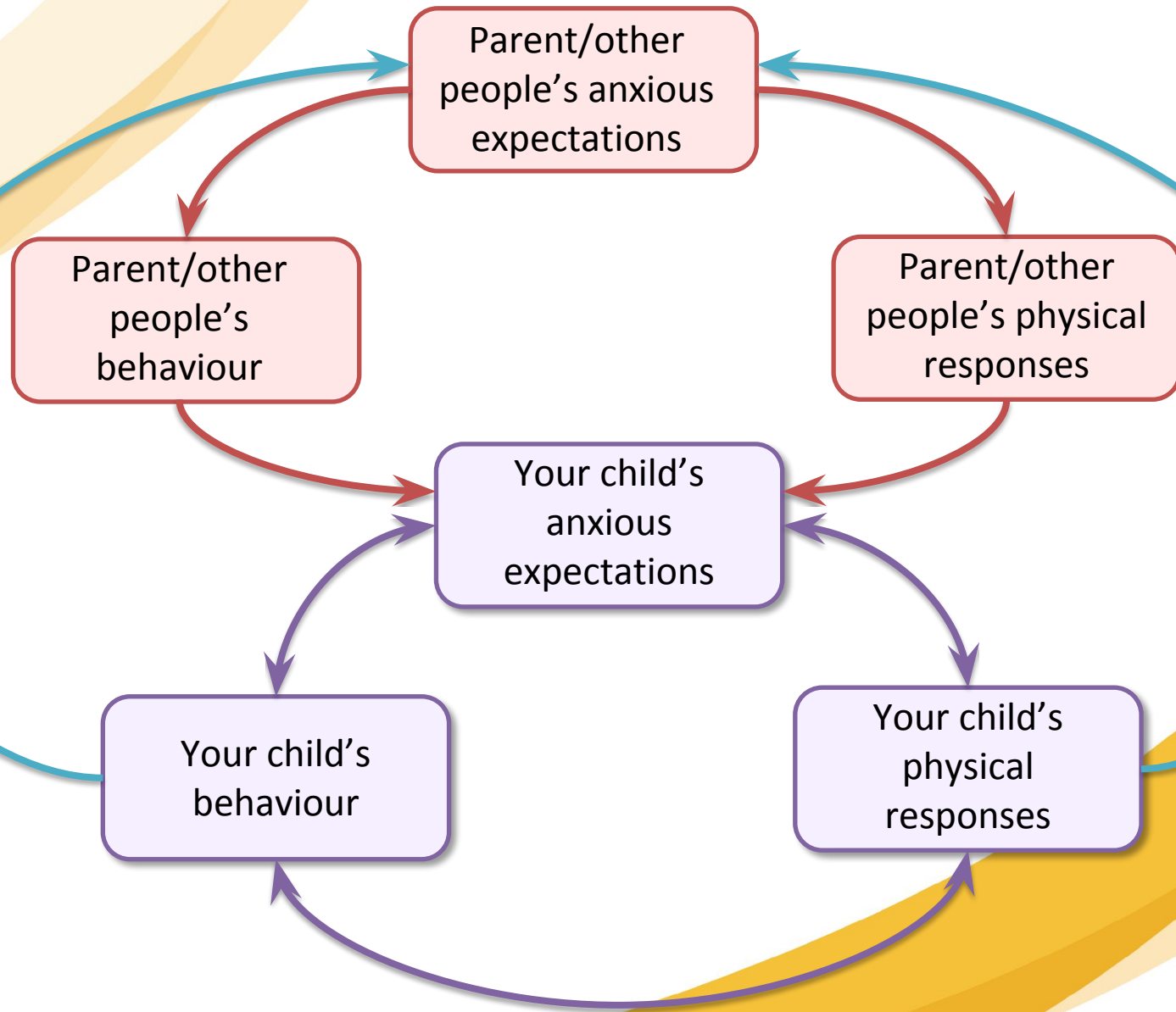


What is anxiety?

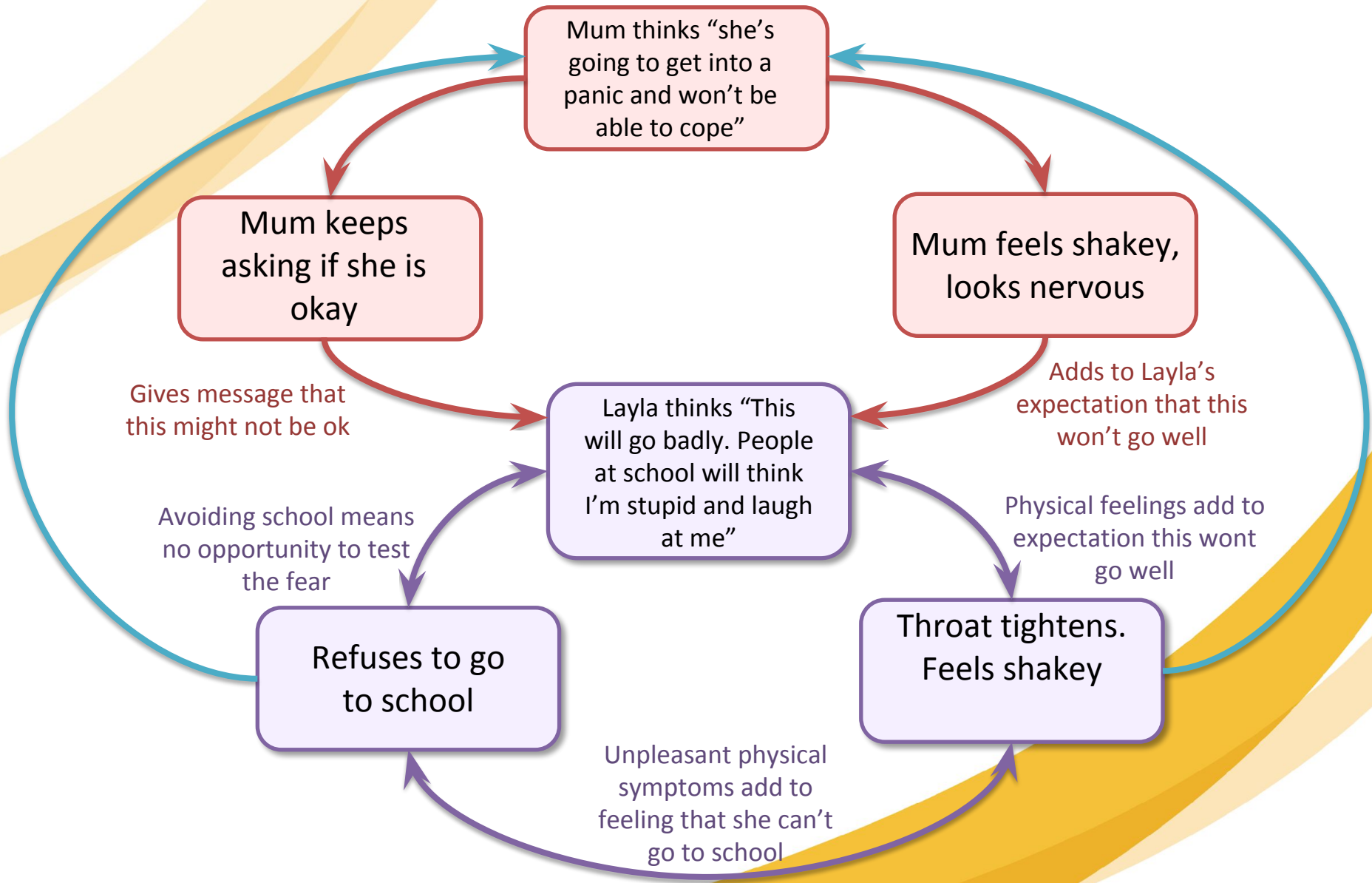
- When anxiety becomes a problem, we start to see it interfere with day-to-day life, particularly in these areas:
 - Social life/friendships e.g. avoiding going to a friend's house because of a fear of their pet dogs
 - Hobbies and leisure time e.g. feeling unable to go to clubs due to anxiety around new people
 - Academic performance e.g. being unable to concentrate in class due to worrying
 - Mood e.g. being more irritable or hitting out when put in anxiety-provoking situations
 - Family e.g. parents sleeping in their child's bed due to separation anxiety

Pause here and consider how your child's anxiety is impacting on their life

What keeps anxiety going?



Layla's anxiety: getting ready for school



What are your goals?

- Goals are an important part of support.
- They allow us to think positively about the future and monitor progress towards what we want to achieve.

Thinking back to the impact of your child's anxiety, consider what would be different if your child were no longer as anxious.

- *What changes would you notice?*
- *What might they be doing that they're not doing now?*

What are your goals?

- We want to make our goals as SMART as possible to help us track progress
- It can help to think about goals in terms of behaviours you would like to see.
- Choose 1-3 goals to focus on initially
- Rate your child's progress weekly on a 0-10 scale

Goal Planning



What EXACTLY do you want to accomplish?



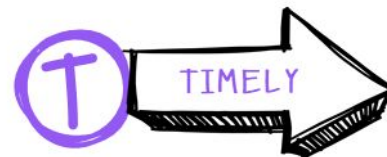
How will you know when you meet your goal?



Is it possible to meet this goal with effort by your timeline?



Is this goal worth working hard to accomplish?



What is the deadline you set to meet your goal?

What are your goals?

General Goal	Question	Specific Goal
To be more confident in social situations	If s/he were more confident in social situations, what would s/he be doing?	To invite a friend from school to our house for tea at least 3 times
To worry less	If s/he were worrying less, what would s/he be doing?	To go to bed and stay in bed (rather than come downstairs) after we have said goodnight once, consistently for a week
To be relaxed around dogs	If s/he were relaxed around dogs, what would s/he be able to do?	To play in the park with his/her friends for 1 hour while people are walking past with their dogs
To be less anxious	If s/he was less anxious what would s/he be able to do?	To play at his/her grandparents' house for 2 hours without mum or dad being there

Home tasks before the next session

1. Consider your treatment goals further and aim to make these as SMART as possible.
2. Be on the lookout for maintenance cycles and record some of these on the activity sheet or by drawing out your own.
3. In the Helping Your Child book, read:
 - Chapter 8 *Step 2: What does your child need to learn?*
 - Chapter 9 *Step 3: Encouraging independence and 'having a go'*