

Barnet Virtual SEND Conference

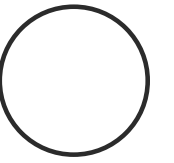
Insert Title of Workshop and name of presenters

Welcome

Please mute your microphone as you enter the session

We will be starting shortly

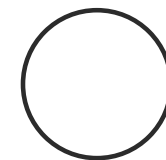




Understanding and Managing anxiety



A Psychoeducation Workshop for Parents



Barnet Integrated Clinical Services (BICS)

BICS offers a range of social, emotional, behavioural support for young people, families and carers across the Borough with mild to moderate mental health needs.

Schools in Barnet are linked to our team; Educational Wellbeing Team (EWP), the Primary Mental Health Team (PHMT) and the Children and Young People Wellbeing Provision (CWP).

Our teams offer 1:1 interventions for a range of mental health concerns: anxiety, low mood and challenging behaviour

To access a consultation, approach your school's Mental Health Lead, who will support you in accessing the correct support.

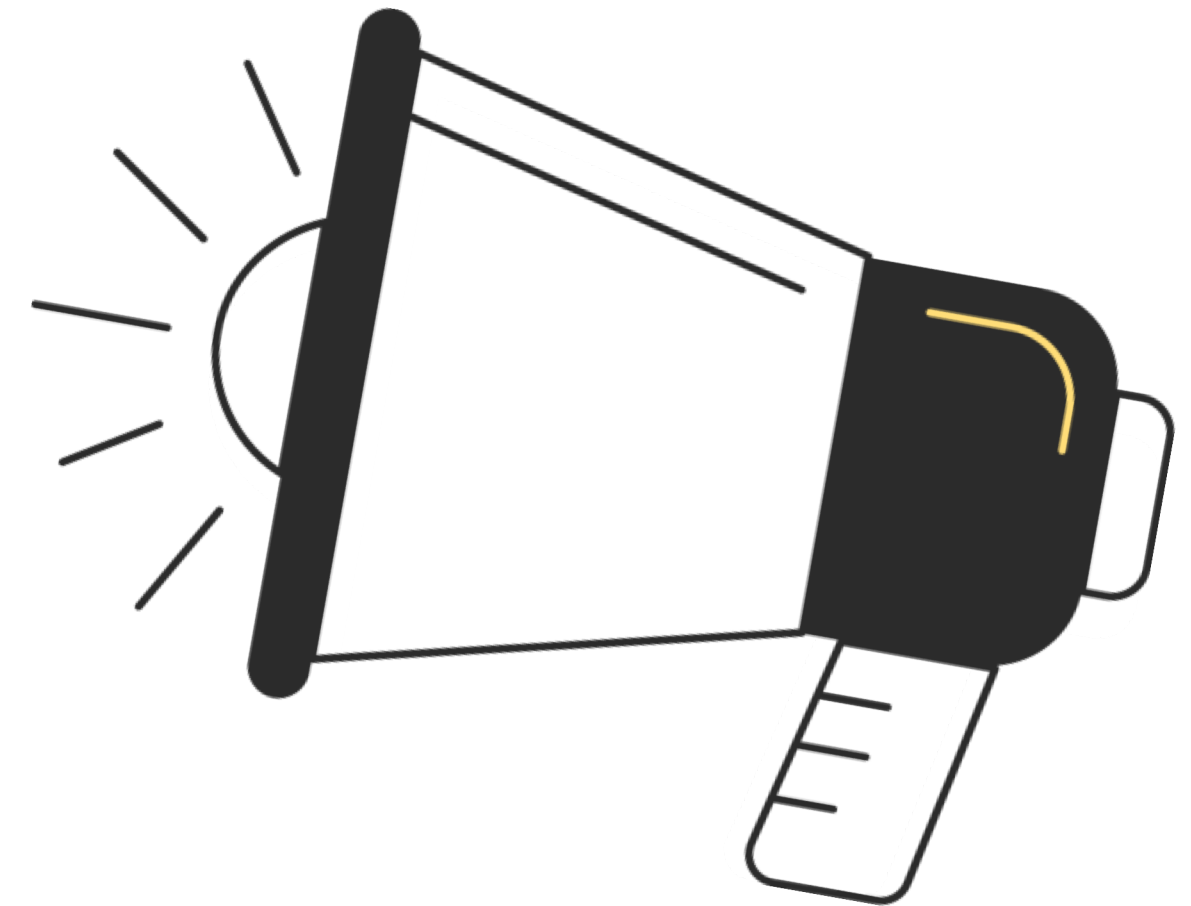
We aim to:

Help give a clear understanding of what anxiety is

Give a clear understanding as to what behaviours to look out for in your child that might indicate anxiety

Explain what may have contributed to your child becoming anxious

Help to think about ideas which parents can use to build up resilience and confidence to help overcome anxiety



What is anxiety?

Anxiety is a heightened state of fear, worry and/or panic.

It can range from mild to severe.

It is important to note that it is a normal emotion that we have when we feel under threat in some way.



Anxiety is our body's response to perceived threat or 'danger'.



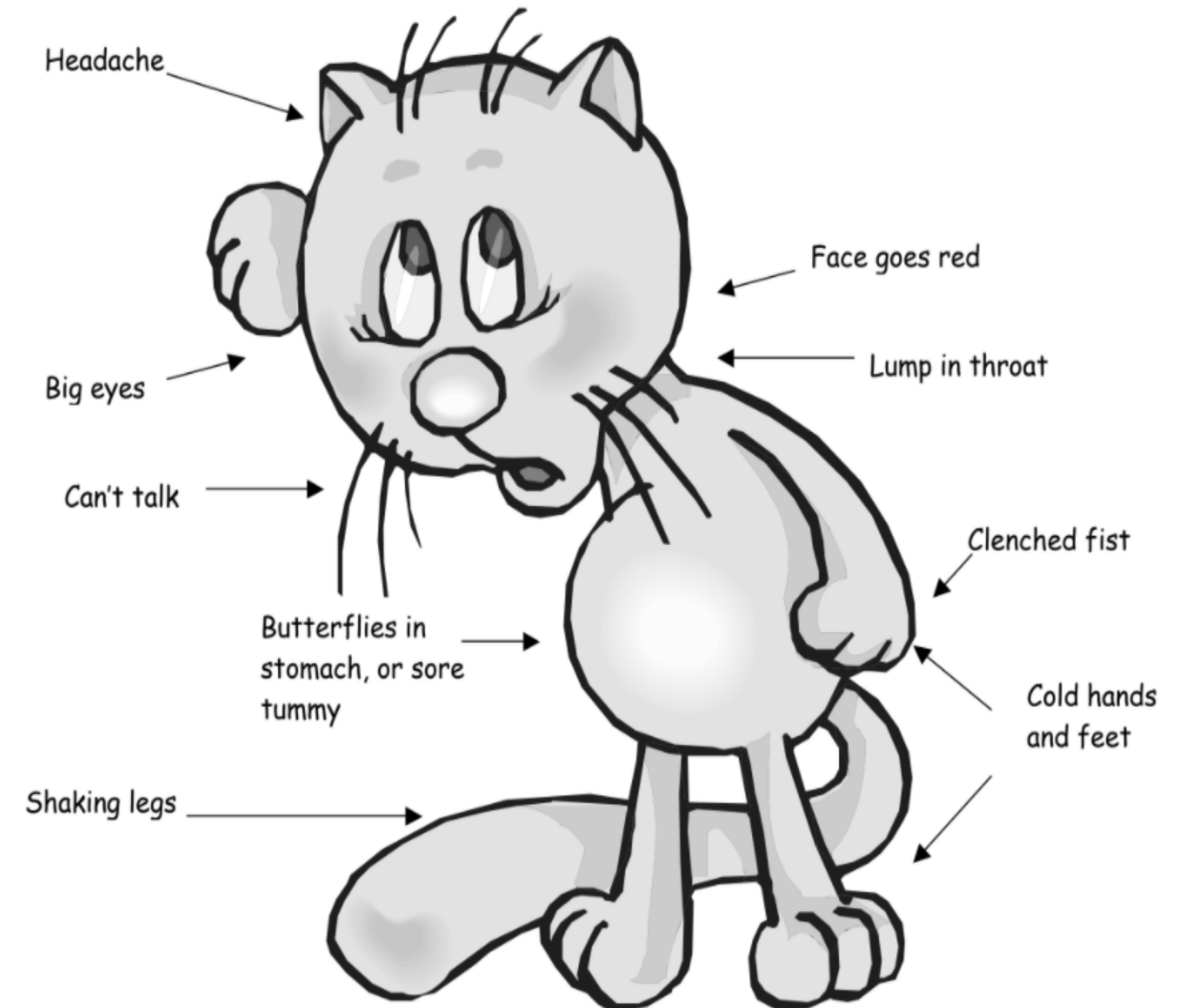
Anxiety and depression are often missed in children with additional needs as the symptoms are assumed to be part of a child's diagnosis, such as autism or ADHD.

Physiological symptoms of anxiety

When we feel threatened we experience the fight, flight, or freeze response

For children with additional needs there will be other factors to consider that may contribute to anxiety such as sensory stimuli, language processing or social situations.

Chester the Cat feels anxious!
How does Chester feel anxiety in his body?



What causes anxiety?



Typically Developing Child

Negative thoughts that
bad things will happen

Avoiding activities such as seeing friends or going to school

Appetite (loss/gain)

Separation difficulties
(clingy)

Poor concentration

Angry outbursts

Irritable or tearful

Bedwetting

Difficulty sleeping

Risky behaviours

Additional Needs Child

An increase in
obsessional or
compulsive
behaviour

Increased verbal obsessions such
as needing constant reassurance
and asking the same questions
over and over again

Increased retreat into their
special interest

Increase in frustration/aggression

Escalating rigidity in routines

Threatened self-harm

Refusal to leave the home, go to work or college

Increased tearfulness and emotional response
to situations



What strategies do you
currently use?

Belly Breathing

Belly breathing is a great way to calm down when you are upset.

Imagine that there is a balloon in your belly.

As you take a big breath in through your nose, try to fill up the balloon so that your belly puffs up.

Now breathe out through your mouth (like blowing bubble) and let all of the air out of the balloon.

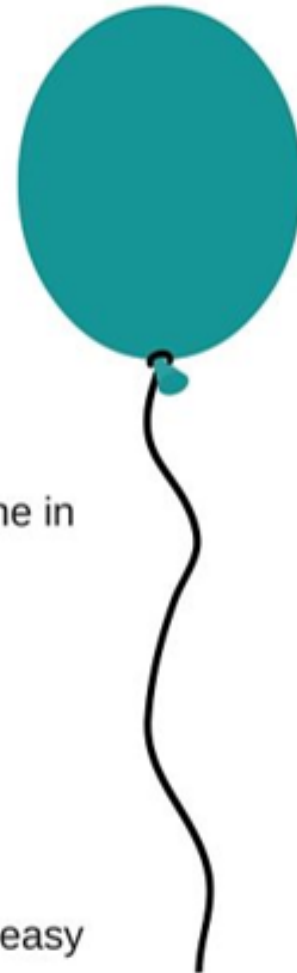
Take slow breaths. Try to count to 4 as you breathe in and count to 4 as you breathe out.

Inhale...2...3...4

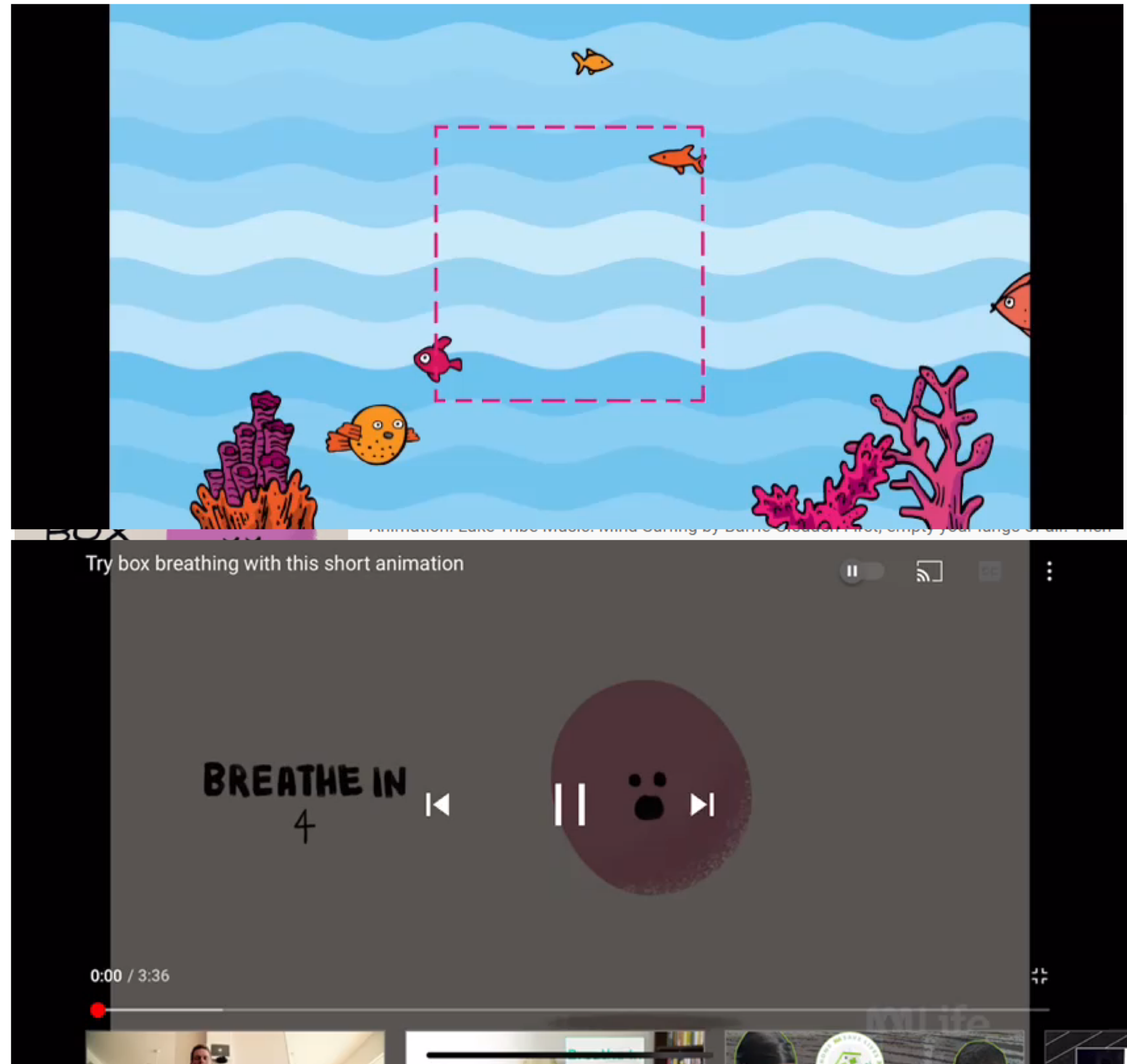
Exhale...2...3...4

Repeat until you are calm.

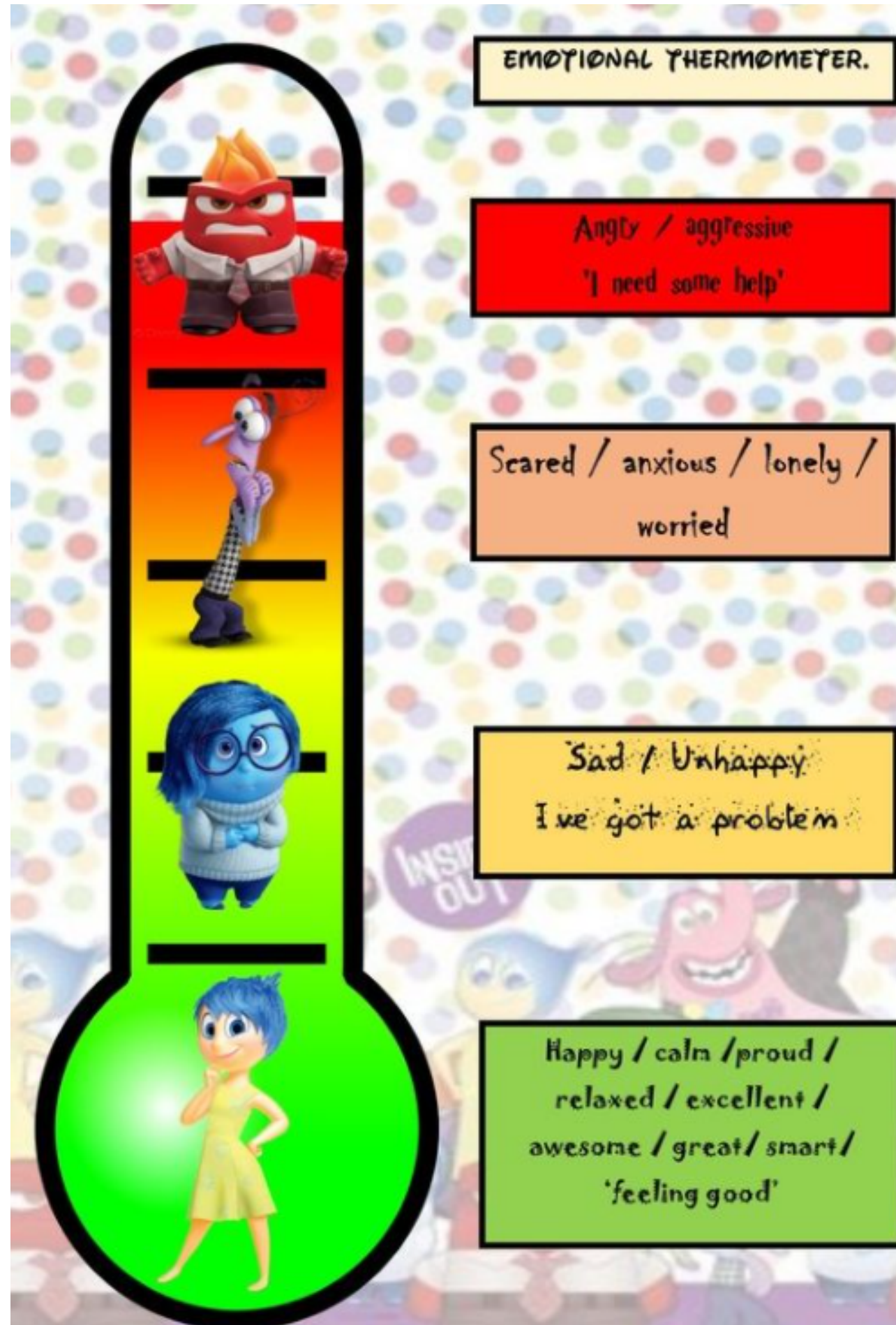
Remember to practice every day until it becomes easy to use when you need it.



Carolyn Mehlomakulu, LMFT, ATR
www.therapywithcarolyn.com



FEAR & FEELINGS THERMOMETER



Worry Time and Worry Box

Make a specific time of the day to think about your worries or a time to write in a worry book/put the worries in a worry box.



Distraction from the worries

The five senses strategy (5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, one thing you can taste); or describe something you can see in detail

Get involved in absorbing activities e.g. making/building something, being active

Spell the names of your family

Count back from 20 in 2s

5 4 3 2 1

SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE



4 List 4 things you can FEEL



3 List 3 things you can HEAR



2 List 2 things you can SMELL



1 List something you like to TASTE



FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

Building up brave behaviour

When your child is experiencing anxiety, this is usually because they have developed a 'fear belief' around that situation

They need to learn that they can fight their own battles, without a parent coming to the rescue and have the opportunity to have a go for themselves

An effective way to do this is through promoting 'brave behaviour' and getting them to **gradually** face their fears

This helps them to test out their 'fear beliefs' and update them

Building up brave behaviour: TOP TIPS



Slowly build up what your child can do

Explain and normalise physical symptoms and use calming strategies

Get your child to think about what anxiety is stopping them from doing vs all the positives that could come from having a go

Allow and encourage them to be independent - help them find solutions rather than providing reassurance, give them choices instead of taking over

Be aware of your responses - try to model calm behaviour and be confident in your child's ability to cope

Building up Brave Behaviour: Praise and Rewards

Social Rewards

- Verbal Praise (specific & non-specific)
- Physical Affection - hugs, kisses, high fives, tickles
- Time with Child
- Joining their play, showing interest/excitement in their activity

Tangible Rewards

- Inexpensive Items
- Special Choices and Privileges - screen time, choosing dessert, choice of film
- Special Activities - going to a movie, trip to the park, riding bicycle
- Special time with child - baking, extra bedtime story, choosing a board game to play with parent

Useful Apps



HeadSpace

Smiling Mind

Calm

Daily Yoga



Daily Yoga

Referral to our service and additional support

Children and Young People's Wellbeing Summer and Autumn Workshops 2020

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.



Students can get extra help and support from our website with links to our referral form, workshops, groups and wellbeing podcasts.

<https://www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being>



Wellbeing-Its good for your Mental Health

BICS are bringing you a series of Podcasts' episodes to support our residents with their Wellbeing. The theme of this episode is about caring for yourselves and your families whilst living and transitioning...



Jun 3 · 18 min