



# WELL-BEING NEWSLETTER

## 10 PROVEN STRATEGIES FOR HELPING AN ANXIOUS CHILD

1. QUIET HUGS HELP YOUR CHILD FEEL SAFE BY REASSURING THEM THAT YOU ARE THERE AND WILLING TO HELP. WORDS CAN SOMETIMES EXACERBATE ANXIETY, SO SITTING QUIETLY WITH LOTS OF HUGS AND EMPATHISING CAN OFTEN WORK BETTER.
2. VISUALISE YOUR CALM PLACE, REMEMBER A TIME YOU WERE HAPPY, CALM AND PEACEFUL. SEE IT IN YOUR MIND WITH AS MUCH DETAIL AS POSSIBLE. ALWAYS USE THE SAME CALM PLACE TO ENHANCE THE EFFECT.
3. SENSES GROUNDING – SEE 5 THINGS, HEAR 4 THINGS, TOUCH 3 THINGS, SMELL 2 THINGS AND TASTE 1 THING.
4. DRAW YOUR ANXIETY DRAW A PICTURE OF WHAT YOU ARE WORRIED ABOUT.
5. BLOW BUBBLES RESEARCH HAS SHOWN THE 10 DEEP BREATHS RESETS THE AUTOMATIC NERVOUS SYSTEM AND HELPS TO CALM THE AMYGDALA. BLOWING BUBBLES IS A GREAT WAY TO GET A CHILD TO BLOW DEEP BREATHS. PARTY BLOWERS OR A STRAW AND BALLED UP PAPER OFFER OTHER WAYS TO DO THE SAME.
6. PET A FURRY FRIEND RESEARCH HAS SHOWN THAT PETTING AN ANIMAL REDUCES THE HEART RATE AND CALMS THE BODY. SITTING FOR 10 OR 15 MINUTES PETTING A FURRY FRIEND IS A WONDERFUL WAY TO RELIEVE ANXIETY AND BRING SOME SMILES TO A CHILD.
7. JUMPING JACKS ANXIETY OFTEN CAUSES SHALLOW BREATHING. HAVING THE CHILD DO AN EXERCISE FORCES DEEP BREATHS THAT CAN RESET THE ANXIOUS FEELINGS.
8. REMEMBER PAST SUCCESS REMIND THE CHILD TO THINK ABOUT THE LAST TIME THEY OVERCAME THEIR ANXIETY. REMIND THEM THAT THEY CAN DO THIS, EVEN THOUGH IT CAN BE HARD.
9. PROBLEM SOLVE THE FEAR HELP THE CHILD TALK THROUGH WHAT SOLUTIONS COULD BE USED IF THEIR FEAR WERE TO COME TO FRUITION. KNOWING THEY CAN HANDLE THE WORST CAN HELP CALM THE FEAR.
10. DESTROY THE WORRY HAVE THE CHILD WRITE THEIR ANXIETY ON A PIECE OF PAPER AND THEN TEAR IT UP AND THROW IT AWAY.

