



Let's talk fears and worries – A strength based approach.



MANA AKE
STRONGER FOR TOMORROW

Worry



VS

Anxiety



Makes us want to fix the problem.

Causes Paralysis.

Specific concerns.

Vague Concerns.

Mild Emotional response.

Severe Emotional Response.

The source is specific and realistic concerns.

The source is vague "unknowns".

Can be communicated verbally.

Often can't be expressed in words.

You control it.

It controls you.

Manifests in the mind.

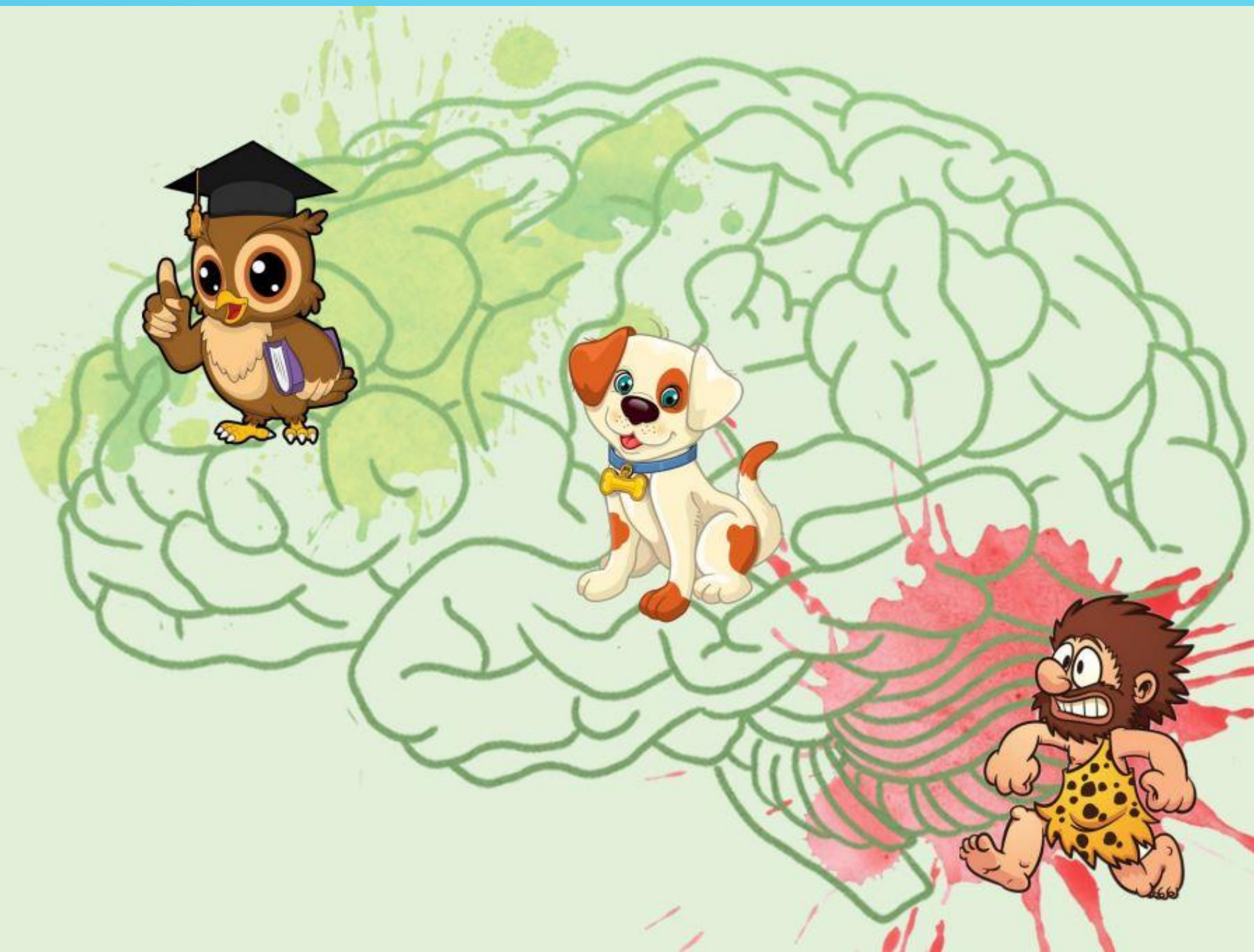
Manifests in the body physically.

Relatively temporary

It can last in the body for days.

Doesn't inhibit the ability to function.

Completely inhibits the ability to function.



**Flight
Fight
Freeze**

HOW DO WE FEEL ANXIETY?

- ▶ Breathing
- ▶ Muscle tension
- ▶ Racing heart
- ▶ Sweating and shaking
- ▶ Cold hands and feet
- ▶ Light-headedness
- ▶ Upset tummy



The Anxiety Iceburg



INTERVENTIONS FOR YOUNG PEOPLE – ACUTE

Flipped their lid

Holding tight, massage, hand check in, copying body language.

Breathing techniques

Pizza breathing, hand model

Something physical

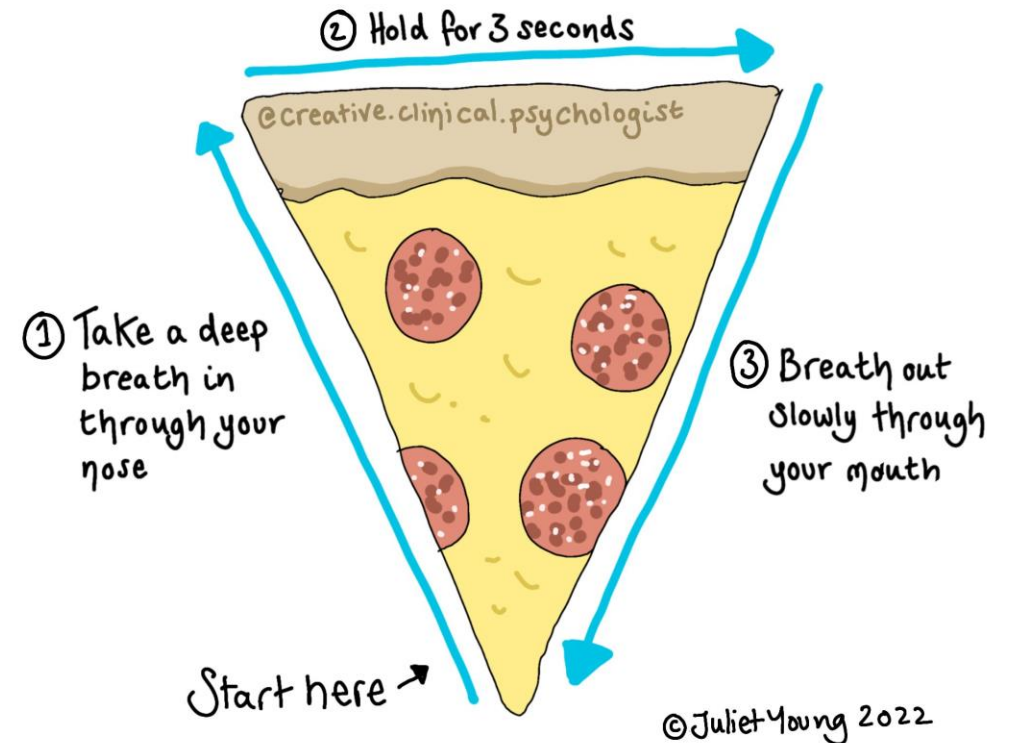
Weighted objects, fidget toys, muscle tensing.

Misc

Affirmations, hunting the senses

Pizza Breathing Exercise

A mindfulness activity to regulate breathing and feel calmer



INTERVENTIONS FOR YOUNG PEOPLE – ONGOING FAMILY STRATEGIES.

*Emotional Talk time –

- Reduce eye contact – some children don't like to face you when they are talking about their emotions.
- Make sure the time and the setting are appropriate.
- Some good times and places might be in bed at bedtime, driving in the car, or when you're out walking together.
- A great chance to also focus on the positive emotions and specific praise !

WORRY JAR

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

It can
helpful to
pick a time
during the
day – **and**
only that
time – where
you are
allowed to
go back into
the jar and
worry about
these
thoughts.



Create a plan to put the guard dog at ease!

- *Encourages the concept that things can go wrong but there are things in our control we can do.
- *Allows people to visualise safety and a pathway forward.
- *Done together with your child so they feel empowered through input.
- *Works well on a size of paper Chl can have on them or near them.



Children need to
take risks and go
through some tough
times to grow.



alamy - 2DM52X1

RESOURCES



*Great accessible resources for support big emotions, grief and loss, and coping with change.

*Some great parenting tips on worries.

*A number of at home art activities which support well-being.

*Games and activities the family can do to promote emotional intelligence.

The word "Sparklers" is written in a large, bold, black, sans-serif font. It is surrounded by several small, black, four-pointed starburst or sparkler-like shapes.