



Wellbeing and Resilience Training for Parents and Carers

Managing anxiety; supporting you and your children

Resource Pack



Contents

Anxiety (children).....	3
Anxiety (parents/adults).....	3
Panic Attacks.....	4
CBT.....	4
10 things to never say to an anxious child:	4
Understanding emotions and feelings.....	5
Zones of Regulation	6
Circle of Control	6
Soothing strategies:.....	6
Coping Strategies	7
Automatic Negative Thoughts (ANTs)	8
Reframing.....	8
Affirmations	8
Journaling.....	8
Self-care	8
Manage yourself well (parents/carers)	9
School refusal.....	9
Strategies to try at home	9
Additional resources	9
Signposting.....	10

Anxiety (children)

- [10 Tips for Parenting Anxious Children \(webmd.com\)](#) – starter tips
- [Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)
- [rebuild-and-recover-anxiety-tools-for-parents.pdf \(mentallyhealthyschools.org.uk\)](#)
- [What is anxiety? | Barnardo's \(barnardos.org.uk\)](#)
- [Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)
- [Coping with anxiety | The Children's Society \(childrenssociety.org.uk\)](#)
- [Stress and Anxiety in Children & Teens | CAMHS Services \(clinical-partners.co.uk\)](#)
- [Anxiety - Nip in the Bud](#) general anxiety information for young children
- [I'm Enough - A New Zealand Charitable Trust focused on our Youth - A New Zealand Charity for Young People | \(imenough.co\)](#) secondary schools
- Overview: [Overview - Generalised anxiety disorder in adults - NHS \(www.nhs.uk\)](#)
- Fight Flight Freeze Fawn (Secondary): [Fight Flight Freeze – Anxiety Explained For Teens - YouTube](#)
- Fight Flight Freeze (Primary) [Fight Flight Freeze – A Guide to Anxiety for Kids - YouTube](#)
- [Anxiety, stress and panic | Childline](#)
- Anxiety and depression (looks like / feels like) [Microsoft Word - Module C Lesson 3.doc \(gov.mb.ca\)](#)
- [Types of Anxiety - Anxiety UK](#)
- Explaining anxiety [understanding-childhood-anxiety-v1.jpg \(1758x3927\) \(priorygroup.com\)](#)
- School anxiety (a resource for parents) [rebuild-and-recover-anxiety-tools-for-parents.pdf \(mentallyhealthyschools.org.uk\)](#)
- School refusal [School Anxiety & Refusal | Parents Guide To Support | YoungMinds](#)
- [What To Do If Your Child Is Anxious About School | YoungMinds](#)
- [Coping with school refusal | TheSchoolRun](#)
- Separation anxiety [rebuild-and-recover-separation-anxiety-tips-and-guidance.pdf \(mentallyhealthyschools.org.uk\)](#)
- Anxiety cycle: sheet - [The Cycle of Anxiety \(therapistaid.com\)](#), YouTube video [What is the Cycle of Anxiety? - YouTube](#)
- Anxiety cycle - [The-Anxiety-Cycle.jpg \(848x1200\) \(beaconhouse.org.uk\)](#)
- Book: [The Power of Showing Up - Dr. Dan Siegel \(drdansiegel.com\)](#)

Anxiety (parents/adults)

- [Parental Anxiety: Knowing If You Have It and Finding Relief \(healthline.com\)](#)
- [Anxiety Exercises: 6 Exercises for Relief and Relaxation \(healthline.com\)](#)
- [How to Cope With Parenting Stress and Anxiety \(verywellmind.com\)](#)

- [Tips for talking about mental health | Time To Change \(time-to-change.org.uk\)](#)
- [Parents Passing Anxiety to Children | Anxious Parents | Child Mind Institute](#)
- [Being a Parent When You Have Anxiety | NAMI: National Alliance on Mental Illness](#)
- [Anxiety - stem4](#)
- [Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)
- [Anxiety management strategies - Beyond Blue](#)
- [Stuck at Home? Practical Activities to Tame Anxiety and Depression - Light On Anxiety](#)
- [Self-care for anxiety - Mind](#)
- [Parents and mental health | Mental Health Foundation](#)
- [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)
- [GoodTherapy | Parenting While Anxious: 5 Ways to Cope with Anxiety as a Parent](#)
- [Place2Be: Parenting Smart: Articles](#)
- Self help guide [Anxiety self-help guide | NHS inform](#)
- [Tips for parents - discussing mental health with your children : Mentally Healthy Schools](#)
- [Parents and mental health | Mental Health Foundation](#)

Panic Attacks

- understanding panic attacks [PSHE KS2 / KS3: Panic attacks - Luke and Jenny's story - BBC Teach](#)
- [How can we recognise and respond to panic disorder in teenagers? | Polly Waite - YouTube](#)
- [PANIC ATTACKS | How to support - YouTube](#)

CBT

- [The CBT Triangle - SEL Sketches - YouTube](#)
- [Cognitive Behavioral Therapy \(CBT\) for Kids: How It Works \(healthline.com\)](#)
- Worksheets and resources [CBT Worksheets for Children | Therapist Aid](#)
- CBT information for staff – resources for older children [Anxiety CBT Worksheets & Handouts | Psychology Tools](#)
- [Anxiety Worksheets | Therapist Aid](#) secondary
- [Helping Kids Cope: 14 Cognitive Behavioral Therapy Activities for Kids \(merakilane.com\)](#) primary ideas
- Self help guides - young adults and older secondary [Free Downloads - CBT Information Leaflets & Self Help Guides | Get.gg - Getselfhelp.co.uk](#)
- [anxiety-shg-graphics-and-avoidance-table-only-8th-may.pdf](#) secondary resource

10 things to never say to an anxious child:

1. **Don't worry.**

You can't will away your child's anxiety by telling him not to worry. He's already worried. This statement implies that the worries are unreasonable or unacceptable. A better approach is: Can you tell me more about your worries?

2. **It's no big deal.**

Anxious children know that their worries are a big deal. Their worries can negatively affect peer relationships, family relationships, school performance, and other areas of functioning. That's a big deal. Try this, instead: I can see that you're feeling very anxious about this. Let's do some deep breathing together.

3. You'll be fine.

Anyone who has ever experienced excessive anxiety or a panic attack knows that "fine" is not something that resonates with an anxious mind. When a child's anxious mind is racing, he doesn't feel anything close to "fine". Reassure your child with this phrase: I am here to help you.

4. There's nothing to be afraid of.

Anxious kids have plenty to fear: Judgment, peer rejection, failure, and the list goes on. You can't stamp out anxiety with a quick phrase. You can help ease the fears by opening the door to a conversation: Let's talk about that together.

5. You just need to sleep more!

One of the difficult parts of childhood anxiety is that it makes getting to bed difficult. A worried mind tends to race at night when the busyness of the day finally slows down. This isn't your child's fault. Try this: Let's do a meditation app together before bed to help us relax into sleep.

6. I'll do it.

Anxious kids want to confront their worries and be more independent, but anxious thoughts often get in the way. This can lead exasperated parents down the path of "fixing" and "doing". That doesn't help the child build coping skills, though. Use this positive phrase to help your child work through an anxious moment: I know you feel anxious but I know you can do this. I am here to support you.

7. It's all in your head.

Anxiety is a brain-based disorder, but dismissing it in this manner shames the anxious child, increasing feelings of guilt. Use this helpful phrase, instead: It sounds like your worry brain is really loud right now, let's take a walk together and calm that worry brain down.

8. Hurry up!

Anxious kids tend to move at a snail's pace. While some get caught in the trap of perfectionism, others are burdened with feelings of regret when making decisions. Telling them to hurry up only increases feelings of guilt and helplessness. Ask a simple question to help your child move along: How can I help?

9. Stop thinking about it.

Trust me, your child would love to stop thinking anxious thoughts. The problem is that it's very difficult to interrupt the anxious thought cycle without proper supports in place. Try this: Let's talk back to that worry brain by telling it positive stuff!

10. I don't know what you need.

Parenting an anxious child is very difficult and often downright exhausting. Your child needs you to remain calm and hopeful in the face of anxiety, though. If you express hopelessness, your child's anxiety will spike. Try this phrase: Let's brainstorm ways to help calm our minds right now.

It takes time and practice to learn to cope with anxiety. Your child doesn't mean to cling, ask the same questions over and over, or fall apart in the school parking lot. Anxiety makes all of these things (and more) happen for many kids every single day. Seek outside help to get your child the tools he needs to learn to cope and do your best to respond with empathy and compassion when he comes to you with his worries.

Understanding emotions and feelings

- A little spot of feelings: [https://www.dianealber.com/A little spot of feelings/](https://www.dianealber.com/A%20little%20spot%20of%20feelings/)
- Scales feelings: [My Emotions Scale Worksheet \(twinkl.co.uk\)](https://www.twinkl.co.uk/My-Emotions-Scale-Worksheet)
- Mood tracker: [Rainbow mood tracker - ELSA Support for emotional literacy \(elsa-support.co.uk\)](https://www.elsa-support.co.uk/Rainbow-mood-tracker)

- Managing unwanted feelings (secondary) [Urge Surfing: Distress Tolerance Skill \(Worksheet\) | Therapist Aid](#)
- [The Emotion Wheel: What It Is and How to Use It \[+PDF\] \(positivepsychology.com\)](#)
- [feelings-activities.pdf \(mentallyhealthyschools.org.uk\)](#)
- [Periodic Table Of Human Emotions Vector Illustration Illustration 87814373 - Megapixl](#)
secondary

Zones of Regulation

- <https://www.zonesofregulation.com/index.html>
- [An overview of zones of regulation](#)
<https://www.simcoe.ca/ChildrenandCommunityServices/Documents/Early%20Intervention/Zones%20of%20Regulation.pdf>
- Regulation activities for different zones [Microsoft Word - Toolkit for regulation \(working document\).docx \(family-action.org.uk\)](#)

Circle of Control

- [Circle of Control Poster - ELSA Support \(elsa-support.co.uk\)](#) primary
- [Circle Of Control Activities To Help Kids With Self-Regulation — Counselor Chelsey | Simple School Counseling Ideas](#) primary and secondary
- [Circle of control, influence and concern tool for teachers and education staff \(educationsupport.org.uk\)](#) primary and secondary
- [How to manage your worries | Circles of Control | British Red Cross - YouTube](#) primary
- [Circle of Control Activity to Relieve Stress - The Counseling Teacher](#) primary

Soothing strategies:

what to put in a 'calm down' box	
www.andnextcomes1.com	
Items that provide proprioceptive support	<ul style="list-style-type: none"> • Weighted lap cushion or weighted stuffed animal/soft toy • Weighted vest or pressure vest • Stretchy resistance bands • Sensory tunnels • Mini massager • Body sock • Small blanket
Items to squeeze and keeps hands busy	<ul style="list-style-type: none"> • Fidgets like tangle Jr. or puffer ball • Rubik's cube • Play dough or silly putty • Pipe cleaners • Stress balls • Bubble wrap • Bags of tissue paper to rip • Scarves or fabric scraps • Spinning top
Items to support breathing and relaxation	<ul style="list-style-type: none"> • Bottle of bubbles • Pinwheels • Straws, cotton balls or pompoms
Items for olfactory sensory support	<ul style="list-style-type: none"> • Calming essential oil spray

	<ul style="list-style-type: none"> • Smelling bottles • Scratch and sniff stickers
Items to get kids moving	<ul style="list-style-type: none"> • Book of yoga poses or activity cards • Skipping rope
Items for auditory sensory support	<ul style="list-style-type: none"> • Noise cancelling headphones • MP3 player with music • Audio books
Items for oral motor sensory support	<ul style="list-style-type: none"> • Chew toy or chew neckless • Chewing gum, hard candies, lollipops • Snacks with a variety of textures • Whistle harmonica, party blowers or similar • Rescue remedy spray
Items that give kids a brain break	<ul style="list-style-type: none"> • Puzzle • Books to read • Blank notebook and writing equipment • Colouring books • Scratch art doodle pad • Small chalkboard, magna doodle, Etch-a-Sketch or Boogie Board • Activity books • Photo album.
Items to visually calm	<ul style="list-style-type: none"> • Visual calm down cards • Sensory bottle or calm down jar • Light up toys • Flashlight • Plastic snow globe • Kaleidoscope • Hourglass • Eye mask

Coping Strategies

- Relaxation exercises [Relaxation Exercises | Young Scot](#)
- What could happen vs what will happen (worksheet) [Worry Exploration Questions \(therapistaid.com\)](#)
- Coping skills [Coping Skills: Anxiety \(therapistaid.com\)](#)
- Grounding techniques [Grounding Exercises \(therapistaid.com\)](#)
- Breathing exercises [Headspace - YouTube](#)
- Relaxation exercises [Relaxation Exercises | Young Scot](#)
- <https://www.amazon.co.uk/Coping-Skills-Teens-Workbook-Helpful/dp/173338717X>

Some tips:

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health. Check out the fitness tips below.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

- **Fitness Tips: Stay Healthy, Manage Stress.** For the biggest benefits of exercise, try to include at least 2½ hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1¼ hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two. 5 X 30: Jog, walk, bike, or dance three to five times a week for 30 minutes.
- **Set small daily goals** and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- **Find forms of exercise** that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.
- **Distract yourself** with an iPod or other portable media player to download audiobooks, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy.
- **Recruit** an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- **Be patient** when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.

Automatic Negative Thoughts (ANTs)

- [Helping Our Children Challenge Negative Thinking | Help One Child](#)
- [Automatic Negative Thoughts \(ANTs\): How to Break the Habit | Be Brain Fit](#)
- [Automatic Negative Thoughts – SEL Sketches](#)
- [Negative Thinking Patterns That are Giving Your Child Anxiety \(hes-extraordinary.com\)](#)

Reframing

- [Reframe Unhelpful Thoughts - YouTube](#)
- [Reframe Worries: Help Kids Manage Worry with this Awesome Strategy \(counselorkeri.com\)](#)
- [7 Ways To Help Kids With Anxiety : Life Kit : NPR](#)
- [Getting-Rid-of-ANTS-Automatic-Negative-Thoughts.pdf \(positivepsychology.com\)](#) (secondary)

Affirmations

- [Home - Relax Kids - Official Website](#)
- [101 Positive Affirmations for Kids - The Pathway 2 Success](#)
- [How To Use Positive Affirmations For Kids For Better Wellbeing | Ripple Kindness Project](#)

Journaling

- [Why Your Anxious Child Should Start Journaling and How to Start Today \(anxietyfreechild.com\)](#)
information for staff
- [Download Our Free Anxiety Worksheets For Kids | Channel Mum](#) lower primary
- [Powerful Mental Health Anti-Anxiety Writing Exercises for Kids with Anxiety and Worries \(steampoweredfamily.com\)](#) primary
- [How to Start Journaling with Kids \(pretzelkids.com\)](#) primary
- [29 Simple Journaling Prompts for Anxiety - Happier Human](#) secondary

Self-care

- Young parents and carers [selfcarepc-final.pdf \(annafreud.org\)](#)
- Action for happiness/Self-care challenge 2022 [Action for Happiness](#)

- My self-care plan (Anna Freud): [My self-care plan: primary \(annafreud.org\)](#) [My self-care plan: secondary \(annafreud.org\)](#)
- [Rethinking Rest Guide | Mental Health Foundation](#)
- [SELF-CARE | No is a complete sentence - YouTube](#)

Manage yourself well (parents/carers)

- Manage your own worries and anxieties. If you become unwell get help and support; if you don't look after yourself, you will struggle to give the care you want to give to your child
- Don't burden your child with your worries
- Don't treat your child as if they were an adult friend
- Do spend time with your child or teenager – find activities to do together that you will both enjoy. Ordinary activities can be the most rewarding, especially when they have been forgotten and are remembered
- Try to make sure that there is family time as well including mealtimes – this can be a challenge in busy lives but is shown to really help and improve things
- Not all family and friends can offer you the type of support that you want or were expecting for various reasons: they may be busy, unable to talk about feelings or worried that they will say the wrong thing.
- Try not to be disappointed by people. This will use up your energy and changes nothing.
- Ask support from those who you know can help you to avoid disappointment if you ask others.

School refusal

- Anxiety and school refusal (resource for parents) [School Anxiety & Refusal | Parents Guide To Support | YoungMinds](#)
- School avoidance- working with parents [Emotionally Based School Avoidance - be kind to parents... - YouTube](#)
- What is and isn't school refusal [SCHOOL AVOIDANCE \('REFUSAL'\) | What is \(and isn't\) emotionally based school avoidance? - YouTube](#)
- Supporting children with school refusal (5 tips) [SCHOOL ANXIETY \('REFUSAL'\) | 5 ideas for supporting children who are struggling to attend school - YouTube](#)
- Anxiety cycle: sheet - [The Cycle of Anxiety \(therapistaid.com\)](#), YouTube video [What is the Cycle of Anxiety? - YouTube](#)
- [NFIS Parent Summary \(wsimg.com\)](#)
- <https://notfineinschool.co.uk/families>
- [Not Fine in School: Family Support for School Attendance Difficulties | Facebook](#)
- <http://definefine.org.uk/>

Additional resources

- [Growth Mindset - Big Ideas - Classdojo](#)
- Online resource for children with anxiety: [Online Programs for Children with Anxiety | Kids Anxiety Relief \(gozen.com\)](#)
- [Sleep: Finding our confidence with sleep School Pack | Mental Health Foundation](#)
- Mental health support/advice for teenagers- [Flourish - YouTube](#) (secondary)
- Anxiety self-help guide (secondary) [Anxiety self-help guide | NHS inform](#)

Signposting

Local

- **Referral management centre for professionals** to make referrals into children and young people's specialist community health services: <https://www.nhft.nhs.uk/cyprmc>:
- <https://www.asknormen.co.uk/unsure-where-to-go/>
- <https://www.asknormen.co.uk/who-else-can-help/>
- **Youth Works** (Kettering and Corby) [Youth Works Northamptonshire](#)
- **The Lowdown** (Northampton) [THE LOWDOWN - free and confidential support for 11-25 year olds in Northampton & surrounds](#)
- **Service Six** (Wellingborough East Northants) [Service Six- Supporting those that need help in our community](#)
- **Time 2 Talk** (Daventry and South Northants) [Time2Talk - Your Time to Talk, Our Time to Listen. | time2talk](#)
- **CHAT** [CHAT - Free Youth Counselling & Advice Service based in Oundle \(chatyouthcounselling.org.uk\)](#)
- **School nurses** [Children's 0-19 Services | NHFT](#)
- Northamptonshire school nursing team are providing a free text messaging service where young people can text a school nurse for confidential advice and support for any health-related issue. (07507329600) <https://www.nhft.nhs.uk/download.cfm?doc=docm93jijm4n2166.pdf&ver=3900>
- **CAMHS** [CAMHS in the Community | NHFT](#) / CAMHS LIVE [CAMHS Live | NHFT](#)
- **Education psychologists** [Educational Psychology Service - Schools and education \(northamptonshire.gov.uk\)](#)
- **Psychology assistants:** early interventions 1:1, group work and parental/teacher workshops Charlotte Inskip (West) inskip@westnorthants.gov.uk; Preanka Tailor (North) Preanka.Tailor@northnorthants.gov.uk
- **Happy Child Agency** (Northamptonshire) independent and professional mental health support (5-18 years) , 1:1, groups, staff training, parent workshops [Happy Child Agency / happychildagency@gmail.com](#)
- **Free Creative counselling sessions for 13-18yrs** Creative counselling uses art alongside traditional talking skills to creatively support and manage your mental health and wellbeing. You do not have to have any previous art skills, just an openness to try and all your creative materials are provided as part of each of your sessions. **They offer sessions for young people aged 13-18 years old, these are available for free every Wednesday throughout the day.** If you are interested in trying Creative counselling, you can get in touch with them via email or social media for more details or book a free consultation call via their website to see if it is the right thing for you before booking a session. Professional and self-referrals are both accepted. Each creative counselling session is free of charge and is 45mins in length. Sessions can be arranged by appointment only. All sessions are available face to face at The Yard, (Gold Street) in Northampton or online via Zoom for more information please visit [About Us | Creative workshops | The Curator Educator](#) **Throughout February and March, they are offering sessions for adults for just £15 on Mondays and Fridays throughout the day (Regular price £35).**

National

- **Kooth** Online mental wellbeing community: [Home - Kooth](#)
- **Young Minds** [How To Contact YoungMinds | YoungMinds](#)
- **Shout** [Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)
- **Anxiety UK** 03444775774
- **CALM** - 0800585858
- **Mind** - 03001233393
- **No Panic** - 08449674848

Apps 12+

- **Clear Fear**- free app to help children and young people manage symptoms of anxiety
- **Think Ninja**- mental health app for 10–18-year-olds, learn about mental health and develop resilience
- **SAM**- understand and manage anxiety
- **Worry Tree**- uses cognitive behaviour therapy techniques to help you become aware of your thoughts and challenge them
- **Chill Panda**- manage worries, learn to relax, breathing techniques
- **Meetwo**- forum for teenagers to discuss issues affecting their lives, advice from experts