



# FISHBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL



Only one you



## SEND Newsletter

### Focus: Anxiety



#### What is anxiety?

Anxiety is a word we use to describe feelings of worry, fear and panic. As well as emotional feelings, people with anxiety can also experience physical (body) sensations such as a racing heart, breathing fast, sweaty hands, dry mouth and feeling shaky. Many people also have “what if” or negative thoughts when they are anxious.

Videos explaining anxiety to children:

<https://www.youtube.com/watch?v=eD1wliuHxHI> or

<https://www.youtube.com/watch?v=16EoZOoCJgs>

#### Things to look out for:

- Appears more clingy than usual
- Expresses negative thoughts and worries
- Be restless and fidgety
- Get upset or angry more quickly
- Complain of stomach aches
- Have bouts of unexplained crying
- Display changes in eating and sleeping habits
- Struggle to concentrate

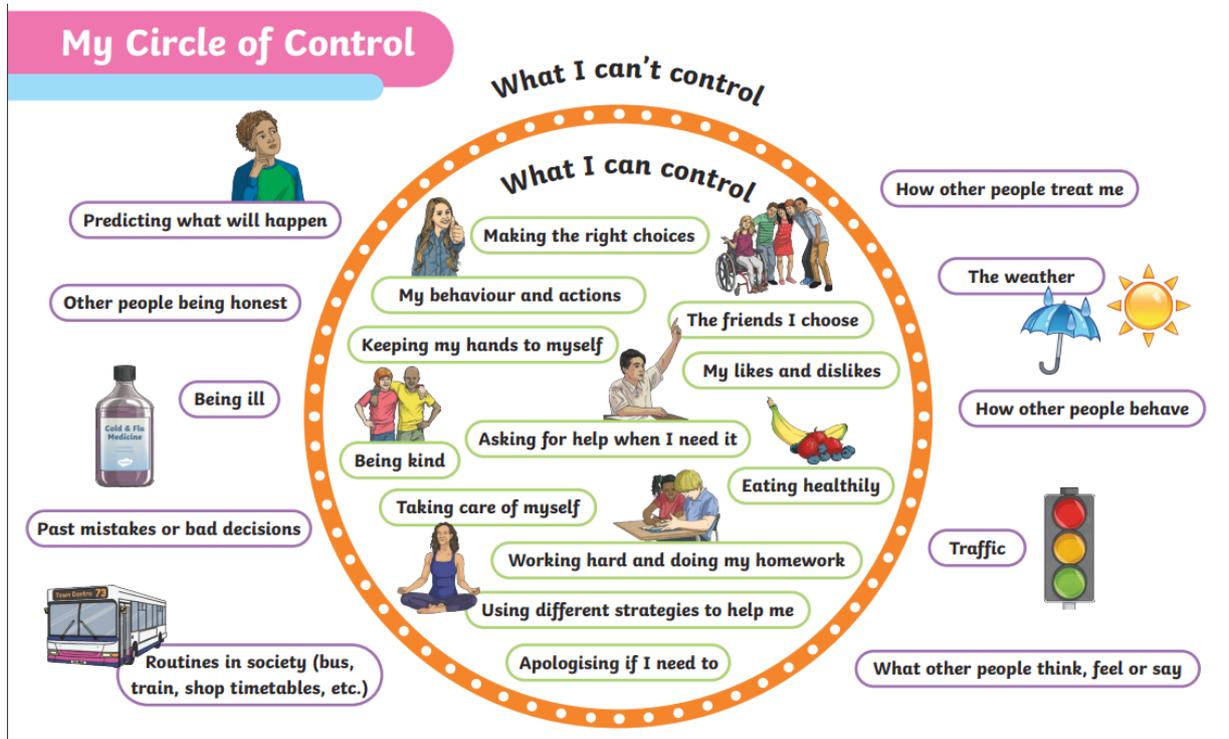
#### Things you can do to support your child:

-Teach them coping strategies (mediation, breathing techniques, mindfulness, physical exercise, talking to a trusted adult, writing it down, drink some water or eat a favoured snack, use of a fidget toy, cuddling a pet or favourite cuddly toy, finding a quiet space, counting, listen to music, sing a song, create a worry doll, look for patterns by creating a diary, spend time with people special to you and do something fun).

-In a moment of calm talk to them about their anxiety and what might help next time it occurs.

-Help your child to recognise their anxiety by focusing on their body signals to be able to identify when they next feel that way.

## Useful resource ideas:



### Anxiety Map

What might your face look like when you feel anxious?

How might you behave?

What might you say?

What happens in your body?

What is your anxiety trying to tell you?

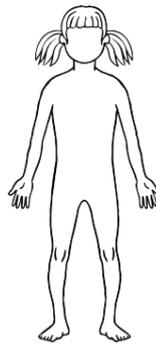
How do you manage your anxiety?

What might help when you're feeling anxious?

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is

### What Anxiety Does to My Body

Anxiety can make you feel lots of different things.



Use this list to help you label the body. Only label it with things **you** feel.

1. My palms feel sweaty and clammy.
2. My heart rate is fast.
3. My throat and chest are sometime sore.
4. I feel 'pins and needles' in my fingers and arms.
5. I need to go to the toilet a lot.
6. I have a stomach pain or headache.
7. My muscles are tight.

### How Do I Manage My Anxiety?



Ask myself what made me feel anxious.	I can create a journal.	Ask myself what I could have done differently to reduce my anxiety.
Create positive affirmations about my anxiety.	Think about a calm, happy place, where I don't feel any anxiety.	Talk to someone I trust.
Concentrate on slowing my breathing down.	Give myself time to reflect on what happened today.	Draw or write about how I am feeling.
Exercise on my own or as part of a team.	Be honest about my feelings and don't hide away.	Make time to worry - allow ten minutes each day when I can worry.
Eat well and drink water to look after my physical health.	Create a worry jar to keep worries in. Listen to the worries for ten minutes.	I can try and be my cheerleader.

## Support materials

- ◆ Camhs Sussex partnership: <https://www.sussexcamhs.nhs.uk/resources/common-problems-and-life-issues/anxiety?back=276>
- ◆ SENDIAS—support for parents: <https://westsussexsendias.org/emotionally-based-school-avoidance-ebsa/>
- ◆ Young minds: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

## Further support:

If feelings of anxiety persist and are impacting on everyday life, contact your GP to discuss concerns or the school sendco for further signposting of support:: Jo Angell - [sendco@fishbourneprimary.co.uk](mailto:sendco@fishbourneprimary.co.uk)