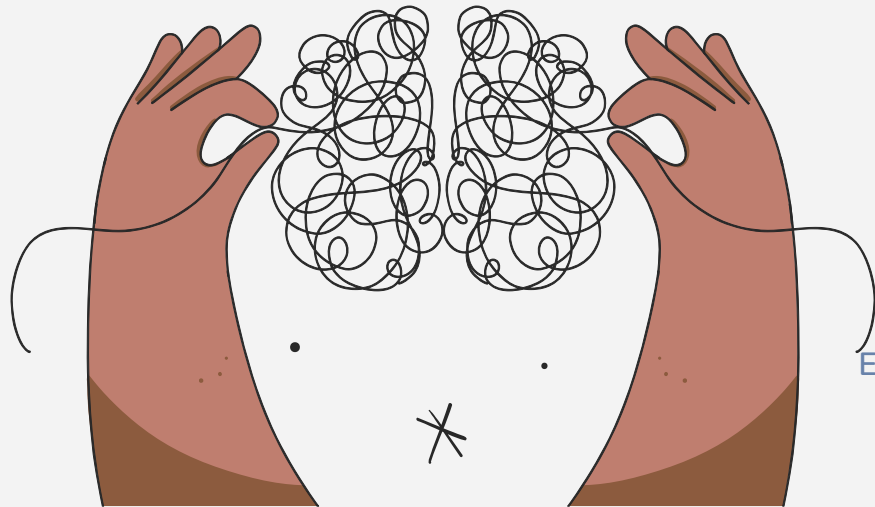


# Helping Children Cope with Anxiety



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ERICs/ School Based Therapist



# Agenda

01

Anxiety in childhood

02






Symptoms of Anxiety

03

Educational Implications

04

Coping skills for managing anxiety



01

# Anxiety in childhood



# Anxiety

- Intense, excessive, and persistent worry and fear about everyday situations.
- Some anxiety is normal, such as giving a presentation, right before a test, or doing something new and unfamiliar.
- Anxiety becomes problematic when it interferes with your everyday activities, our physical, social and emotional health.



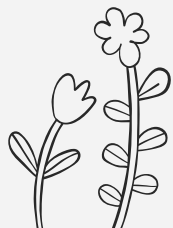
02

# Symptoms of anxiety



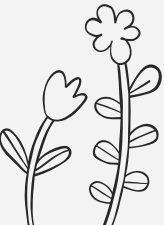
# Physical Symptoms of Anxiety

- Heart Pounding
- Flush
- Shortness of breath
- Dizzy
- Sweating
- Headache
- Change in eating habits
- Stomach pains
- Nausea
- Diarrhea
- Muscle aches/pains
- Restlessness
- Inability to relax
- Sleep disturbance



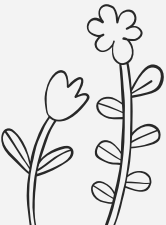
# Psychological Symptoms of Anxiety

- Excessive Worry
- Irritability
- Impatience
- Feeling “On Edge”
- Fatigue
- Vivid Dreams
- Mind Racing
- Mind going Blank
- Indecisiveness
- Difficulty concentrating
- Decreased Memory



# Behavioral Symptoms of Anxiety

- Obsessive or compulsive behavior
- Phobic behavior
- Avoidance of situations/ activities
- Distress in social situations
- Drop in school performance
- Fighting





# Helping Children with Anxiety

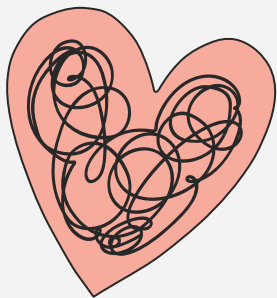
- The goal is to help children learn to manage their emotional and physical responses to their triggers.
- Children need to learn how to tolerate their feelings of anxiety and to develop coping strategies to manage it.



03

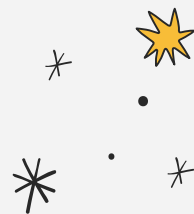
# Educational Implications





# Educational Impact

- Easily frustrated
- Difficulty completing task/ assignments
- Longer to complete assignments
- Work Refusal/ Avoidance
- Increased Nurse Referrals
- School Avoidance /Absences
- Poor School Performance



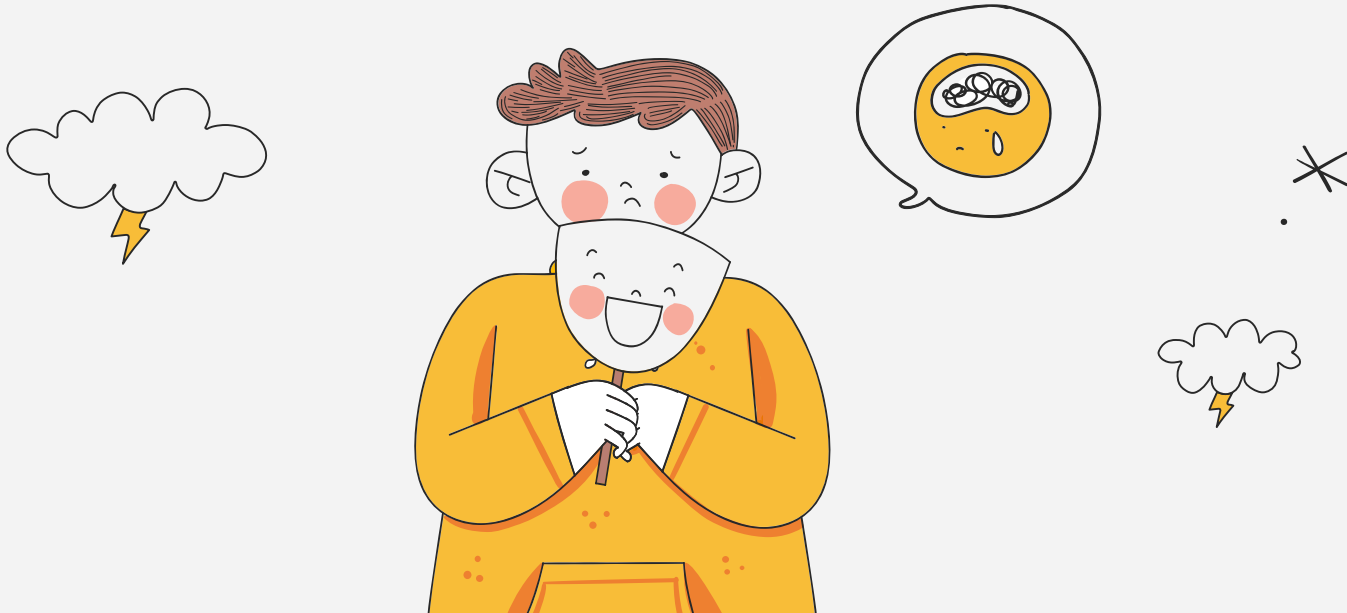
# How to help a student with anxiety

## Instructional Strategies and Classroom Accommodations

- Post the daily schedule where it can be seen easily so students know what to expect.
- Transition warnings
- Encourage follow-through on assignments or tasks, yet be flexible on deadlines.
- Allow students a Flexible deadline for worrisome assignments/test.
- Reduce school work / homework load when necessary.
  - Breaking down assignments into smaller pieces
- Keep as much of the student's regular schedule as possible.
- Encourage school attendance-to prevent absences
- Maintain regular communication with school when students remain at home.

04

# Coping Skills for Managing Anxiety



# Relaxation Strategies

1. Deep Breathing
2. Grounding
3. Progressive Muscle Relaxation
4. Create a Relaxation Kit



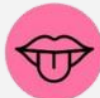
5-4-3-2-1 Grounding Technique



TOUCH



VISION



TASTE



SMELL



HEARING



# Mental / Thinking Strategies

## Talk Back Strategies

- Boss Back
- Thought Stopping
- Create a Character/ Imagine

## Distraction Skills

- Counting
- Watch a video
- Listen to Music
- Get creative

## Write/ Draw it Out

- Write/ Draw and Tear
- Worry Journal
- Worry Box

# Movement Strategies

- Exercise/ Run/ Jump
- Sit ups/ Push ups
- Yoga Poses
- Stretching





# • Other Helpful Strategies

- Create a routine and be consistent
- Encourage flexibility in schedules and tasks
- Review Expectations or Fears
- Approach child's anxiety with a calm, empathic and positive regard





# Thanks!

Any questions?

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