

## Threshold Guidance- Anxiety (Worry)

**Name of Young Person:**

**Staff member supporting:**

**Has this been completed in collaboration with the YP? Yes/NO**

### What we do, what we don't do, and what you can do if you are worried about your child

All young people will feel anxious from time to time. Here's a guide to help you know how best to support your young person if they are experiencing symptoms of worry or anxiety. This is not an exhaustive list; young people will experience other types of worry and symptoms which may not be included on this guide:

#### These are worries and anxieties that most young people will have from time to time

##### Type and nature of worry

It is common for children and young people to experience worry as they develop through childhood and adolescence. The typical worries children and young people experience tend to be situation specific, short term and can be managed with the love and support of parents/ carers. Examples might be:

- Being away from home/ parent
- Going to school (but settling)
- Worrying about going to bed/ the dark
- Worry about something bad happening to themselves, or to a loved one
- Doing new things
- Going to unfamiliar places
- Doing things independently
- Public speaking/ performing
- Tests and exams
- Change and uncertainty (e.g., family breakdown or conflict)
- In response to an upsetting event such as being bullied
- Being in social situations

<b>What you might see or a young person might report (Tick all those that apply)</b>	<b>Date Completed</b>	<b>Date completed</b>	<b>Date completed</b>	<b>Date completed</b>
Being clingy and not wanting to be separated from a parent/carer				

Not wanting to be left alone				
Seeking verbal reassurance and checking things are ok				
Not wanting to go to school				
Avoidance of what they are fearful of				
Having bad dreams/mild sleep disturbance				
Having some physical symptoms such as feeling sick, hot and clammy, tummy aches				
Feeling restless and fidgeting				
Appearing unsettled, distracted or irritable				
May appear more challenging or oppositional/argumentative				
Thinking or talking a lot about their worry				
Crying or becoming distressed				

### Things to try, Support, and Next Steps

- Normalise that anxiety is a natural emotion, the physical sensations of anxiety can be unpleasant but it's ok, it will pass and won't cause any harm.
- Encourage, reward and praise a young person not to avoid; the more a young person avoids, the harder it becomes and the more anxious a young person will become. Instead, encourage the young person to face their fear- the more they face it, the easier it will become.
- Break things down into steps and do these as often as possible so a young person can habituate and tolerate their anxiety before going onto the next step.
- Use distraction techniques. Here are some strategies to try:  
An A-Z of coping strategies: <https://youtu.be/5EXpkVw3fh0>  
How and when to use a coping box: <https://youtu.be/OyfgodSSdV4>
- Role model, and demonstrate that you can do things, even when you're anxious.
- Supporting a young person to problem solve any obvious triggers.
- Watch our parent/carer workshop on Coping and Resilience Skills here: X (to be uploaded).

### Useful Resources:

- Helping Your Child With Fears and Worries, by Cathy Creswell and Lucy Willetts
- Helping Your Anxious Child, by Ronal Rapee
- Stuff That Sucks, by Ben Sedley
- What To Do When You Worry Too Much, by Dawn Huebner