

Anxiety

Anxiety is an unpleasant feeling that everyone experiences sometimes. You might describe it as feeling very nervous or “wound up”.

General anxiety symptoms can last for extended periods of time – it could go on for a couple of weeks or longer. It's more than just being nervous.

You might have anxious thoughts about yourself, other people, and how you think other people feel about you. You might also have anxious thoughts about the world around you and what's coming in the future.

Last week we looked at identifying unhelpful thoughts and beginning to challenge them. We looked at identifying the situation, your (your child's) feelings and then the unhelpful thought that accompanies these feelings which causes you (or your child) anxiety.

Now you can challenge your unhelpful thoughts by asking these questions.

- Is there any evidence against this thought?
- Is there any evidence for this thought (based on fact)?
- Can you identify any patterns of unhelpful thinking?
- What would you say to a friend who had this thought in a similar situation?
- Is there another way of looking at this situation?
- Is there a proactive solution to this unhelpful thought?



Next week we will take a look at managing your (or your child's) worry, as anxious people can spend a lot of time worrying.

Working together to keep our children safe and happy.

Halina Rooney

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