

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.

Following on from the last article about improving your quality of life and doing something you enjoy providing less time to worry, we will be looking at ‘Grounding’.

Grounding

Exercise 1

Grounding is a good technique to fend off symptoms of anxiety and stress when they feel overwhelming. Grounding involves trying to take your mind away from uncomfortable symptoms or thoughts.

You can use the 5,4,3,2,1 method to ground yourself.

Start by sitting in a comfortable place and taking a deep breath. Then try to focus on the following:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Exercise 2

- Sit or stand in a comfortable position
- Imagine you have an empty balloon in your stomach
- Try to inflate the balloon by breathing through your nose – breathe in while counting to 3
- Slowly deflate the balloon a few times until you feel calmer

Have a go at grounding either yourself or with your child. This may then become part of everyone’s toolkit to support dealing with anxiety when it hits us.

Working together to keep our children safe and happy.

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