

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 regarding ‘Grounding’, we are going to look at reducing avoidance.



Reducing Avoidance

People often get into the habit of avoiding situations that make them feel anxious. This can, unfortunately, make the problem worse. The longer you avoid something, the more intimidating it becomes. Also, if you always avoid situations that cause anxiety, it is harder to prove to yourself that you can manage them; as a result, you may lose confidence.

For example:

If you worry about other people judging you negatively, you might avoid going out socially. This means:

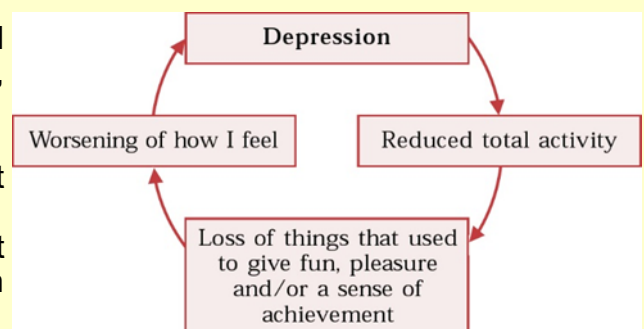
- You might stay at home and avoid social events or taking part in hobbies
- You might avoid speaking when in groups
- You could avoid any situation where you have to ‘perform’, like giving a speech or a presentation or a part in an assembly

As a result, you never get the chance to practice coping in these situations, and therefore are less likely to build confidence about them. There is no opportunity for you to ‘reduce the anxiety’ you feel about doing these things.

If you can confront situations that make you feel anxious, you will build up confidence. Over time, this will reduce the anxiety symptoms.

Next week we will look at how you can confront the things that you (or your child) avoid.

Until then, have a go at reducing avoidance; start small and remember to take away a positive from that situation.



Working together to keep our children safe and happy.

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