

ANXIETY

Anxiety is part of our everyday lives. We cannot get rid of anxiety; we can work on living with it and not suffering with it. Anxiety is the emotion that tells us that something is too important to ignore and a natural part of our existence.

This Ted Talk video link shares the speaker's personal understanding and experiences with anxiety; it may offer some insight and some support for parents in understanding the difference between living with it and suffering with it and how to support their children to cope with living with anxiety.

<https://www.youtube.com/watch?v=ZidGozDhOjg>

Working together to keep safe and happy.

Halina Rooney

Deputy Head of Inclusion/SENCo