

## Helpful Tips on Managing Anxiety

Childline reveal that anxiety is the top mental health concern for children contacting their service. The NSPCC have shared some advice for children as well as parents/ carers.

### Advice for children who may be struggling with anxiety.

- 1. Practise deep breathing**  
When you feel anxious, try breathing in slowly through your nose for a count of five, then exhale slowly through your mouth for another count of five. Focusing on your breath can help calm your mind and reduce anxiety.
- 2. Engage in a physical activity**  
Physical exercise can be a great way to improve your mood. Whether it's going for a walk, dancing, or playing a sport, find an activity you enjoy which can help to manage anxious feelings.
- 3. Stay present**  
Grounding techniques can help you stay focused on the present moment. For example, try to identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- 4. Challenge negative thoughts**  
Pay attention to negative thoughts that may be contributing to your anxiety. Try to reframe them by focusing on positive aspects or considering alternative points of view.
- 5. Reach out for support**  
Remember, you don't have to face anxiety alone. Talking to a trusted adult, friend, or counsellor can provide you with support and guidance. Childline is available 24/7 to offer confidential assistance whenever you need it.

### Top tips for parents/ carers to support children who may be experiencing anxiety

- 1. Communicate openly**  
Encourage your child to talk about their feelings without judgment.
- 2. Understand the causes**  
Work together to identify specific situations or thoughts that trigger your child's anxiety. Understanding these triggers can help when developing effective coping strategies.
- 3. Promote healthy routines**  
Make sure your child maintains regular sleep patterns, balanced nutrition, and physical activity to provide a sense of stability when they may be feeling uncertain within themselves.
- 4. Model positive coping mechanisms**  
Demonstrate healthy ways to manage stress, such as deep breathing, mindfulness, or physical exercise.
- 5. Seek professional support when needed**  
If your child's anxiety persists or worsens, consult with a healthcare professional or counsellor.