

TEEN ANXIETY

Anxiety is the most common mental health concern for children and adults. Because anxious teens are often quiet and compliant, they frequently go unnoticed by their parents and teachers. How can you relieve your child's anxiety, and help them to be more confident?

Anxiety can emerge in a number of ways. Your child may be clingy or quick to throw tantrums. They may be excessively shy or worry a lot. In extreme cases they may complain of tummy or headaches, or even suffer from panic attacks. Parents often say that they knew there was something different about their child from a young age, but did not think it was an anxiety problem. Some wait for their child to 'grow out of it' and never expect their child to become more debilitated over time. Parents of anxious children and teens are often confused about what to do, as well as frustrated, and overwhelmed.

WHAT YOU CAN DO

a routine - Establish a routine by setting specific times for meals, homework, quiet time, and bedtime. Help your child establish a bedtime routine, which may include a bath and reading a story, or just time to chat. This can set the stage for helping your child develop better ways to manage anxiety.

- Reduce stress - Stress or tension in your home can have a negative effect on your child. Set aside a little time each day to do something fun, and try to reduce arguments by holding family meetings.
- Encourage independence - it's tempting to want to do things for your child, but letting them do things by themselves is setting them up for life. Giving your child their own responsibilities in the home is a great way to help them be more independent.
- Take risks - Encourage your child to try some experiments such as making a phone call, talking to an unfamiliar classmate, or asking a question to a shop assistant.

[Build self confidence](#) - It's important to praise your child for his or her accomplishments and for facing their fears. Involve your child in activities that help him or her feel proud such as a sport or youth club.

SUPPORT IN SCHOOL

- Tutors, LSA's and the Senior Leadership Team
- School Nurse

OTHER SUPPORT AVAILABLE

Skyline Support Services are free online services brought to you by Off the Record, providing online counselling and workshops to young people aged 14-25 in Croydon and Sutton. You can find out more about their services here:

www.skylinesupport.org

Or

Download the
Calm Harm app



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STRESS AND ANXIETY

Information leaflet for Parents,
Carers & Pupils



WHAT IS STRESS?

Stress is a feeling that we all get when we are struggling to cope with the pressures of life.

Some stress is normal: feeling anxious is a natural part of every day life.

Some stress is helpful: an absence of stress can cause boredom. Sometimes we need stress to motivate ourselves and to help us focus.

However, if we do not deal with stress effectively, it can have a negative impact, which means that we cannot achieve all that we want to achieve.



SIGNS OF STRESS

- Low energy
- Headaches
- Upset stomach, including diarrhoea constipation and nausea
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections

Common effects of stress on your body:

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems

Common effects of stress on your mood:

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression
- Common effects of stress on your behaviour
- Overeating or under eating
- Angry outbursts

REDUCING STRESS LEVELS

Eat well:

Don't force your energy levels up artificially with sugar and coffee.

Avoid sugary breakfast cereals.

Drink lots of water to avoid dehydration.

Eat foods rich in vitamin C.

Sleep Well:

Get lots of sleep and rest.

Stick to an appropriate bedtime.

Stick to a bedtime routine-hot bath, time not working, time off social media.

Make your bedroom a calm place to be.

Don't eat/drink close to bedtime.

Relaxation routine:

