

PINS Update 3: Anxiety and Worries

What is anxiety and why do we feel it?

- Anxiety is a natural response to a potential challenge- this can keep us safe
- Anxiety is a normal response to situations that are new and challenging
- Anxiety is not normal if it is affecting your everyday life



Think about and discuss what happens in your body when you are anxious. Talk with your child about how being anxious makes your body feel.

Scan the QR code to watch the video for more information on the following ideas to help you/ your child when you are feeling anxious:

- Breathing techniques
- Grounding
- Challenging negative thoughts
- Distraction
- Visualisation

We have also provided this information to your child's school so we can all understand the techniques that are outlined in this video:

<https://www.worthit.org.uk/blog/mental-health-day-ideas>



This update was brought to you by the PINS project. There are two partners responsible for delivering the different elements of PINS support in your school. The B&NES Parent Carer Forum (BPCF) is responsible for delivering support on Neurodiversity and guidance on navigating the local SEND offers for Parent Carers, including building stronger relationships with school staff. HCRG Care Group is responsible for delivering a menu of training to staff in your school. HCRG Care Group will aim to keep parent carers informed of support they are delivering to staff in your school, but all other information for parent carers should come through the BPCF as your PINS partner.

PINS PARENT STORIES

What is Anxiety?



Anxiety is a natural response to a potential threat- this can keep us safe

Anxiety is a normal response to situations that are new and challenging

Anxiety is not normal if it is affecting your everyday life



Think about and discuss what happens in your body when you are anxious and tell your child about how being anxious makes you feel physically.

Breathing techniques can help support anxiety