

Tîm Camau Bach Managing Anxiety



sirgar.llyw.cymru

carmarthenshire.gov.wales



Cyngor Sir Gâr
Carmarthenshire
County Council



TIPS FOR MANAGING ANXIETY.

- Be calm, recognise and respond to your child's behaviour.
- Biggest thing is reassurance and patience and consistency.
- Try teaching the 1, 2 3 tip. Thumbs up is 1 = I am ok
Thumbs in the middle is 2= I am struggling
Thumbs upside down is 3 = get me out of here I cannot cope.



- Encourage deep breaths and counting. 3 deep breaths and encourage him/her hands down the body to rest firmly on the knees.
- Try slow counting or reciting the alphabet especially when you can see your child is getting upset.
- Exercise is good for mental health try to make sure you have fresh air every day with your child.
- Encourage your child to “whoosh” the worries away with a swift and big movement.
- Give him/her bear hugs if possible.
- Art and colouring is good for calming – try keeping some tools in your bag.
- Try chewing gum or toffees/hard snacks to encourage sensory feedback for calming and focus.
- If possible, encourage your child to keep a diary of the day and any worries. Make sure you talk them through together for reassurance if possible.
- Try singing or blowing bubbles. All good for breathe control.