

17th January 2024



Woking Mental Health Support Team – Who we are and what we do



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Lead



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Education Mental Health Practitioners and Trainees: Alex, Emma, Dorrie, Melanie and Rachel



Aims of presentation



Understanding anxiety



Helping your child to take SATS in their stride

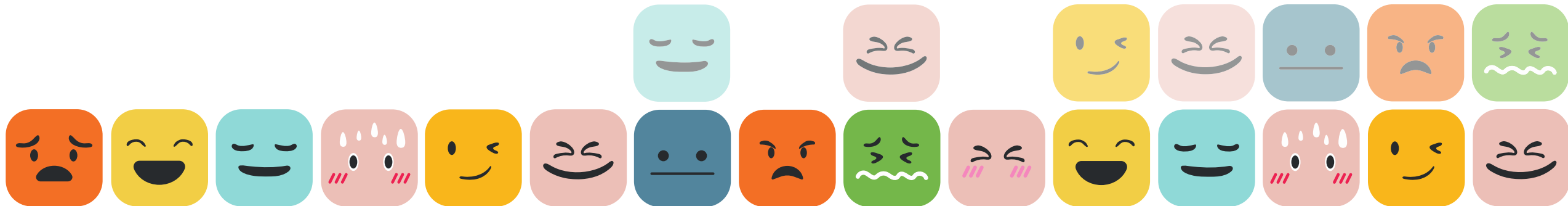


What is anxiety?

“Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain’s in-built alarm bell system, which tell us something isn’t right and that we need to deal with it.”

YOUNGMINDS

Fight, Flight
Freeze



Some common signs of anxiety...

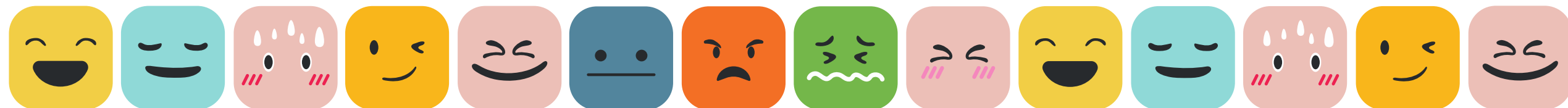


- Frequent headaches
- Feeling irritable or overwhelmed
- Lack of motivation / lethargy
- Stopping socializing with friends
- Loss of enjoyment in hobbies
- Mind going blank
- Butterflies in stomach
- Biting nails or fidgeting
- Feeling sick or unwell
- Poor concentration
- Losing appetite or overeating
- Sleeping poorly




It is normal to feel anxious about tests...

- Events that challenge us cause most people to feel some nervousness and apprehension
- A small amount of anxiety can help us to perform at our best

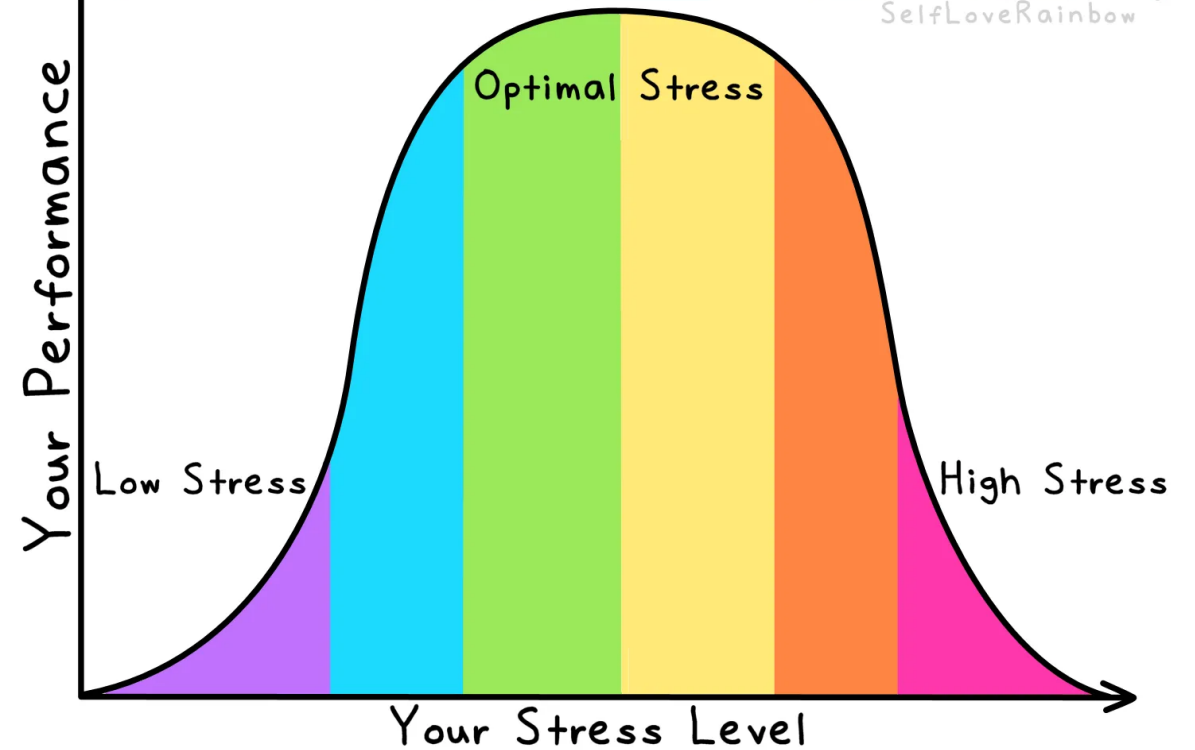


- But too much stress can lead to feelings of excessive anxiety and low mood.
- These can have a negative impact on us and may prevent us from doing our best.
- So it is important to find ways of managing those feelings.

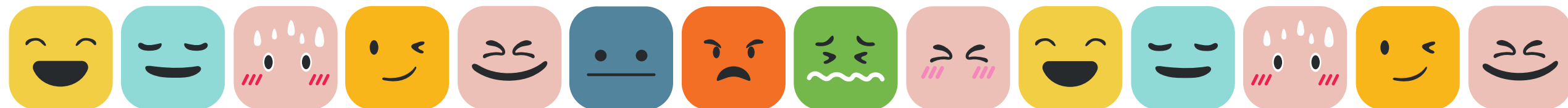
Stress Performance Curve

Check in with your stress levels! Are you feeling over-stressed, under-stressed, or in the middle. 

SelfLoveRainbow



Under-Stressed		Optimal Stress		Over-Stressed	
Bored	Unmotivated	Creative	Productive	Overwhelm	Burnout
Inactive	Listless	Focused	Motivated	Exhaustion	Anxiety
Relaxed	Laid Back	Engaged	In the Zone	Breakdown	Panic



Encourage positive coping strategies

- Exercise
- Connecting with others
- Doing something creative
- Doing something calming
- Shifting your child's mindset



Exercise - What does your child enjoy?

- Going for a walk or bike ride
- Dancing or gymnastics
- Playing football or another sport
- Swimming
- Bouncing on a trampoline
- Playing in the park



Connecting with others

- Seeing or messaging a friend
- Playing a game with someone
- Cuddling or playing with a pet
- Sharing feelings and worries with a trusted adult



Doing something creative

- Colouring or drawing
- Playing Minecraft
- Cooking or baking
- Playing with Lego

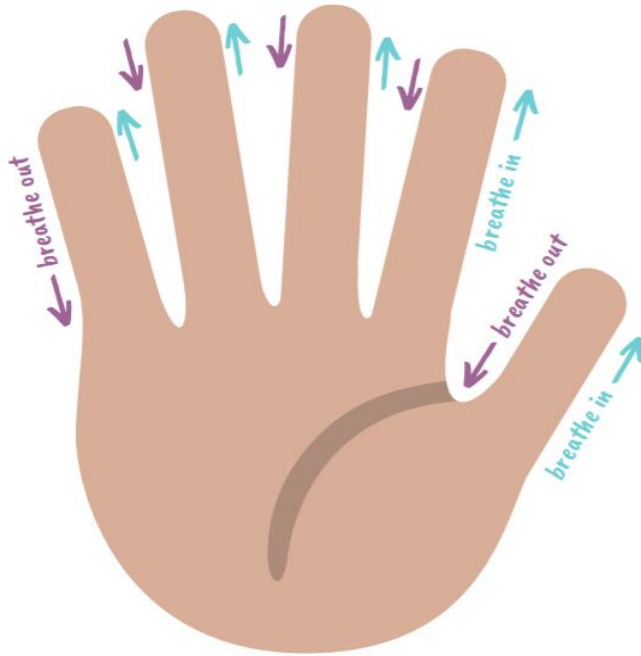


Doing something calming

- Taking some deep breaths
- Listening to soothing music
- Thinking of a calm, happy place
- Looking at photos of favourite memories



Doing something calming – ways to help your child relax



The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



| **BREATHE IN**
4 SECONDS



| **HOLD**
4 SECONDS

| **HOLD**
4 SECONDS

| **BREATHE OUT**
4 SECONDS



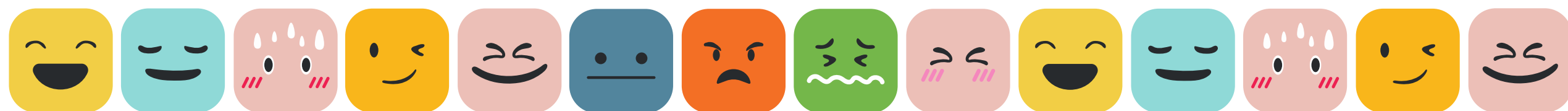
Shifting your child's mindset

- Focus on what is in their control
- Remind them of things they're good at
- Help them to think about something they're looking forward to



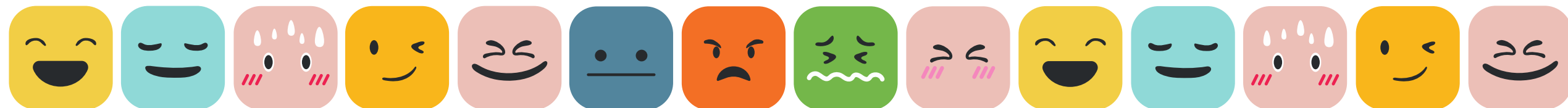
Sleep

- Most children aged 10-11 still need 10-11 hours sleep per night
- Sleep deprivation affects mood, memory and concentration
- So not getting enough sleep is likely to prevent children from being able to do their best in school tests



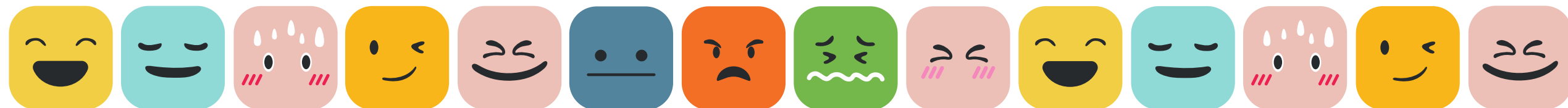
Getting a good night's sleep – make it routine

- Encourage your child to keep to the same bedtime each day and have a relaxing routine, for example, bath, milky drink, clean teeth, read a story in bed, lights out
- Keep your child's bedroom dark, cool, quiet and free of distractions – white noise or soothing sounds apps can help or calming music



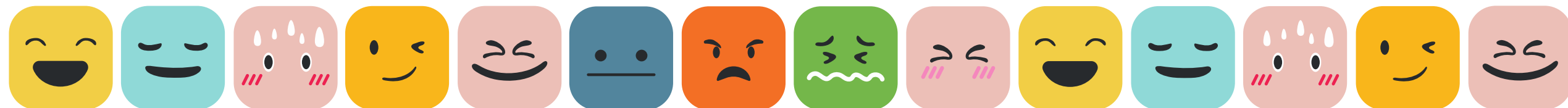
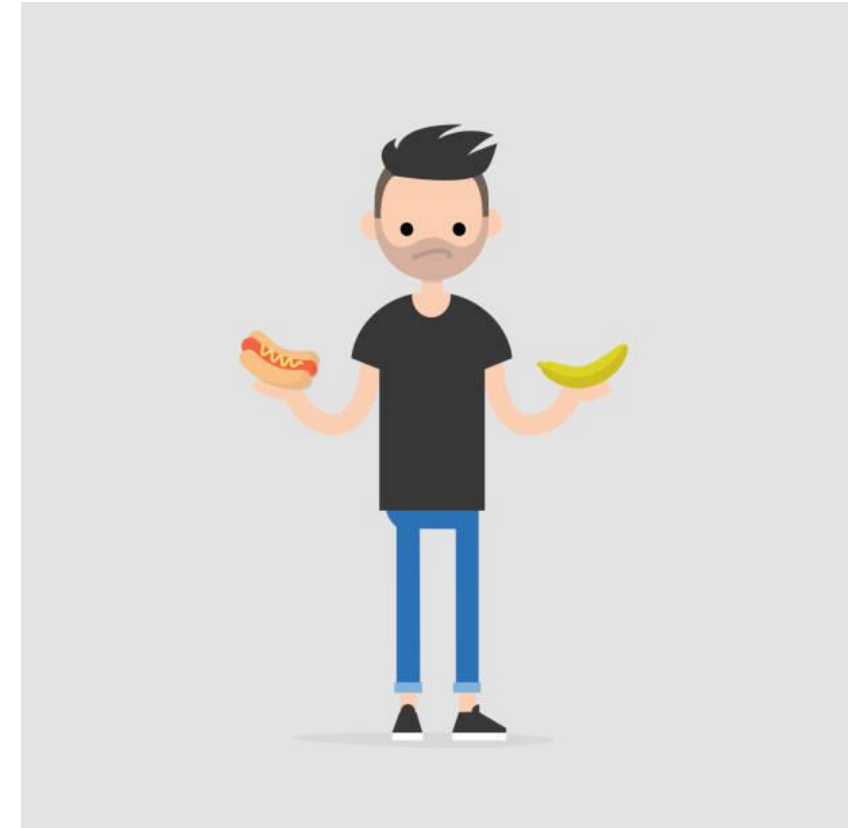
Things to avoid

- Screens for at least an hour before bedtime
- Sugar and fizzy drinks from mid-afternoon onwards
- Doing school-work in the bedroom
- Doing anything stressful in the hour before bed



Healthy eating

- Food is fuel so eating the right types of food at the right time sustains energy levels and improves concentration
- Eating breakfast is therefore important, and drinking enough water to keep hydrated



Finally, self-belief is important so remind your child:

YOUR
BEST IS
GOOD
ENOUGH

and



Useful sources of support and information about managing anxiety:



Childline

www.childline.org.uk



Mindworks Surrey

<https://www.mindworks-surrey.org/>

NHS Choices

<https://www.nhs.uk/conditions/anxiety-disorders-in-children/>



Young Minds (has a parent helpline)

www.youngminds.org.uk

Anxiety UK - National charity helping people with Anxiety

www.anxietyUK.org.uk

We would love to hear your feedback!

