

# Emotional Well-Being and Resilience



# Managing Anxiety

- Anxiety is a normal and essential part of the human condition.
- Learning techniques to mediate competence and confidence can be useful for dealing with anxiety for the rest of your child's life.



# 10 Top Tips

- Managing Anxiety
- Nurture Resilience
- Take Responsibility
- Develop Persistence



# 1) *Encourage your child to face his/her fears, not run away from them.*

- Avoidance of anxiety-provoking situations maintains/increases anxiety.
- If a child faces his or her fears, the child will learn that the anxiety reduces naturally on its own, over time.
- Break down larger challenges into stages and choose achievable challenges to work on at first, increasing the level of challenge slowly over time.



## ***2) Prioritise the Process not the Outcome.***

- If you focus on how you work through a problem or task, your child will know what to do next time.
- Sometimes good enough is good enough.
- Do not be scared about being honest about strengths and weaker skills this is how we know what to work on.
- Five positive comments to one area to work on.







# 4) Plan *Relaxing* Activities

- Children as, well as adults, need to know *how* to relax and how to be calm, how to self-soothe.
- Play calming activities, play sensory attention games, teach children how to control their breathing and make it fun.
- Model self care and relaxation
- Mindfulness



# 5) Teach Your Child to Take Responsibility

- Let your child take on small roles of responsibility which will allow them to feel competent and confident.
- Let them take responsibility for their own actions. A reason for a behaviour is not an excuse they still need to make amends and apologise and manage the feeling of guilt.
- Being able to repair relationships helps them to feel more secure and reliable.





## **6) *Set up challenges, and praise your child.***

- Give your child achievable small-step challenges regularly and then if your child faces his or her fears, or meets a challenge, praise them, tell them why they were successful.
- Motivators and praise are really useful to engage your child with the challenge, but overtime the child/ adolescent will be rewarded by their own success of meeting a challenge.



## 7) *Have established routines for your child.*

- Research points to the importance of consistent, reliable, predictable family routines, where children know what the expectations are.



## 8) *Help your child to problem solve.*

- This does not mean solving the problem for your child. It means helping your child to identify possible solutions. If your child can generate solutions, that is great. If not, generate some potential solutions for your child and ask your child to pick the solution that he or she thinks would work best.



## 9) *Stay calm, model how to process anxiety.*

- Children look to their parents to determine how to react in situations.
- when you want to reduce your child's anxiety, you must manage your own anxiety.



# 10) *Never Give Up!*

- Those who persist succeed so:
- Demonstrate persistence
- Talk about persistence
- Make persistence a part of life
- And keep it up!

**Perseverance is  
not a long race; it  
is many short  
races one after the  
other.**

**- Walter Elliot**