Are You Anxiety Aware?

Teach Calming Techniques

This can reduce the physical side effects of anxiety, such as shallow breathing and tense muscles, which can be uncomfortable and distressing. Teach several relaxation techniques that the young person can use during periods of anxiety, such as deep breathing, attention training and blowing bubbles. Alternatively, use a 'calm bag' or 'box' with sensory items, which can be used when feeling anxious.

Identify the Triggers

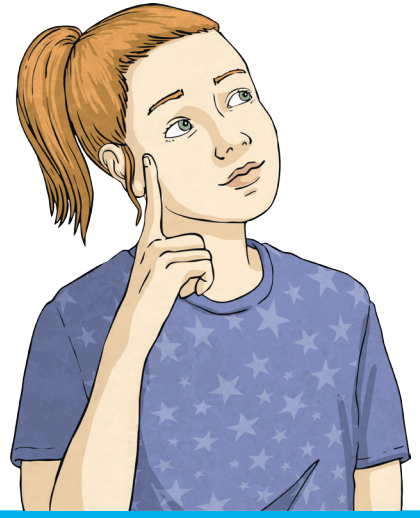
Work with the young person to identify the triggers to their anxiety where possible. Then, try to remove the stressors that trigger it, so they can tolerate and manage their anxiety. Can the young person recognise the physical signs of their anxiety?

Find a Safe Place

Agree a space or area that the young person can go to if they feel overwhelmed, anxious or need time out from the learning environment. Rehearse this strategy with the young person and allow them to use the space when they need it. Build in 'calm times' within lessons.

Be Positive

Use praise to reassure and help the young person to develop confidence and independence, particularly when attempting new activities or experiences. Use a 'good news diary' to record successes and to teach the young person how to develop positive self-talk statements they can use when feeling anxious or challenged.



Provide Routine and Structure

Anxious young people can become unsettled when their routine changes, so using visual timetables and discussing the daily routine with the young person can help. Having clear, predictable routines can reduce anxiety.

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