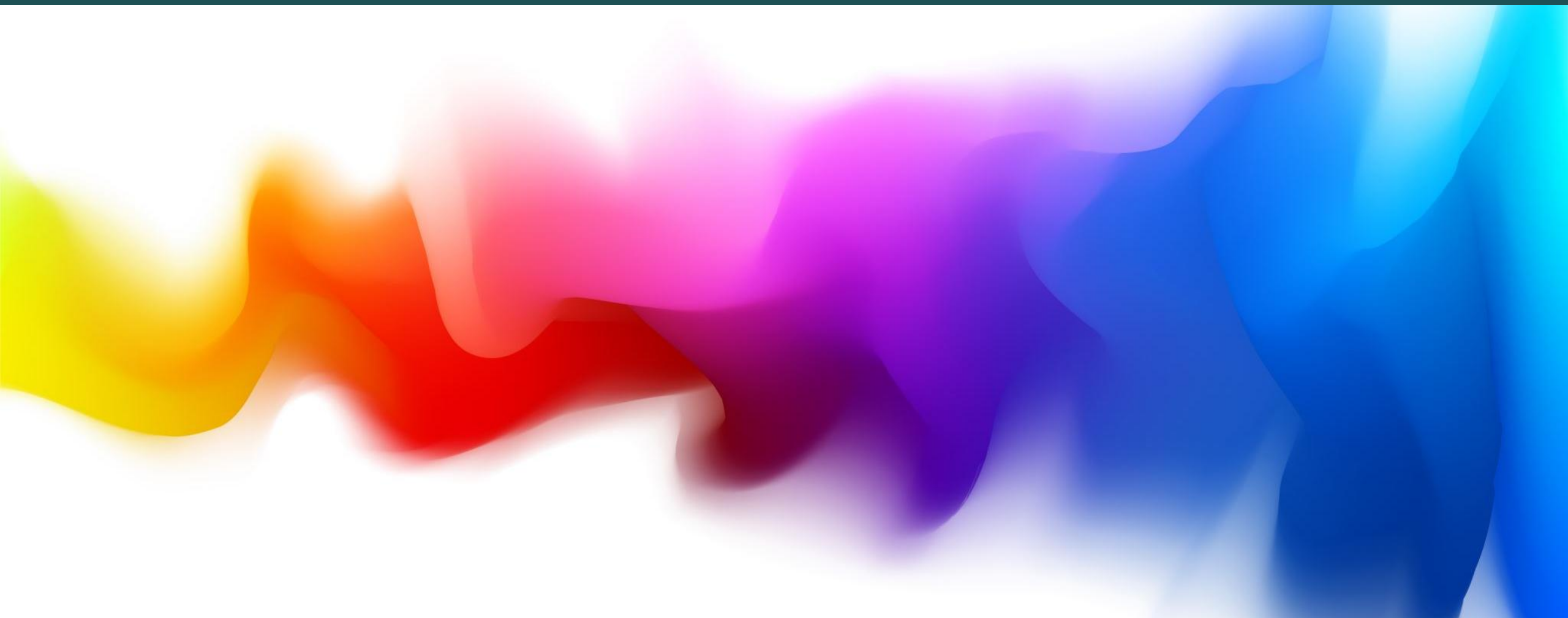


Anxiety: Normal & Healthy?

CAMHS Tier 2



Before we begin...

01

Due to confidentiality, we cannot discuss specific young people.

02

If you are concerned about your child, then please speak to your GP or school as a first point of call.

03

This presentation is aimed at young people who are not currently open to CAMHS. If you / your child are currently open to CAMHS then please follow the advice of your clinician.

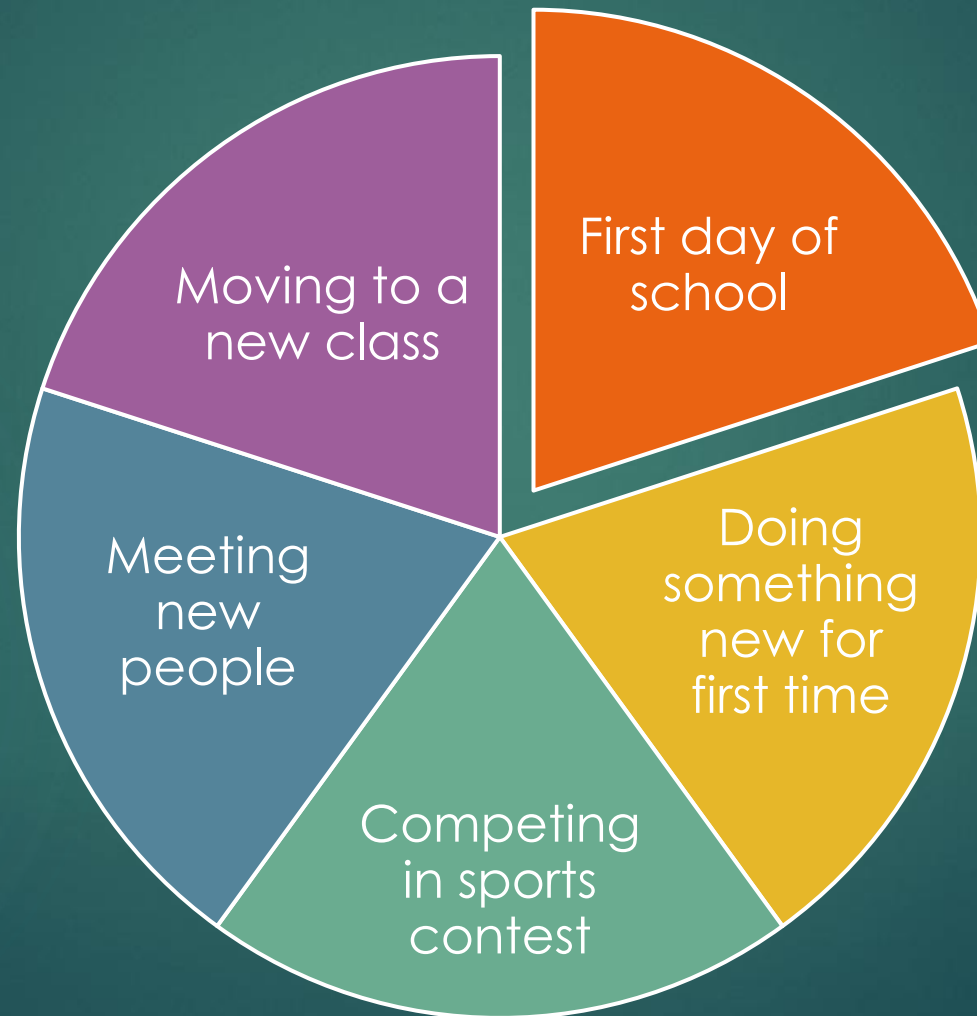
What is anxiety?

- ▶ Anxiety is your body's natural reaction to stress, manifesting as feelings of fear or apprehension about what happens in the future.
- ▶ Anxiety, worry and fear are all completely normal emotions. Everyone experiences anxiety at some point.
- ▶ Anxiety is a natural protective response that helped our ancestors survive dangers.
- ▶ A bit of anxiety can motivate us in challenging situations, keep us alert and help us to understand what we care about.



When is anxiety normal?

(Children & Young People)



When is anxiety normal?

(Adults)



Normal & Healthy



When it's not [normal & healthy]

- ▶ Anxiety can become a problem when it becomes chronic, persistent, and overwhelming. It can interfere with daily functioning and well-being, leading to difficulties in thinking, feeling, and behaving. Here are some signs that indicate anxiety may be problematic:



Anxious feelings may be problematic when:

Excessive worrying about normal everyday situations, leading to distress and avoidance.

Physical symptoms such as rapid heartbeat, shortness of breath, and sweating.

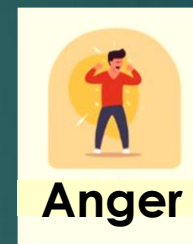
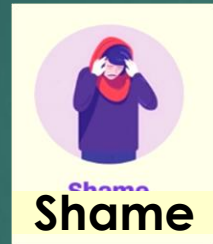
Difficulty concentrating and impacting work or academic performance.

Sleep disturbances, such as difficulties sleeping or waking through the night.

Avoidance of situations that once brought enjoyment, limiting quality of life.

What helps (and what doesn't)

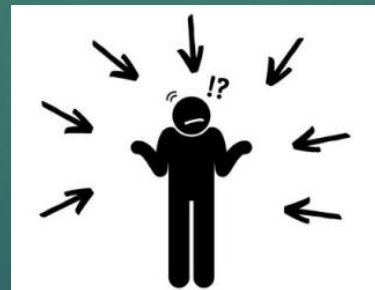
Pushing difficult emotions away can make them feel bigger – so make space to acknowledge feelings (without trying to fix or reassure)



It may help to think what the feeling means – and how we should respond.



Is there something we need to change.
Make a decision, draw up a plan.



If there is nothing we can change; acknowledge the discomfort.
Accept Reality.



Often past events stick in our heads: Acknowledge and focus on other things.
Learn to let go.

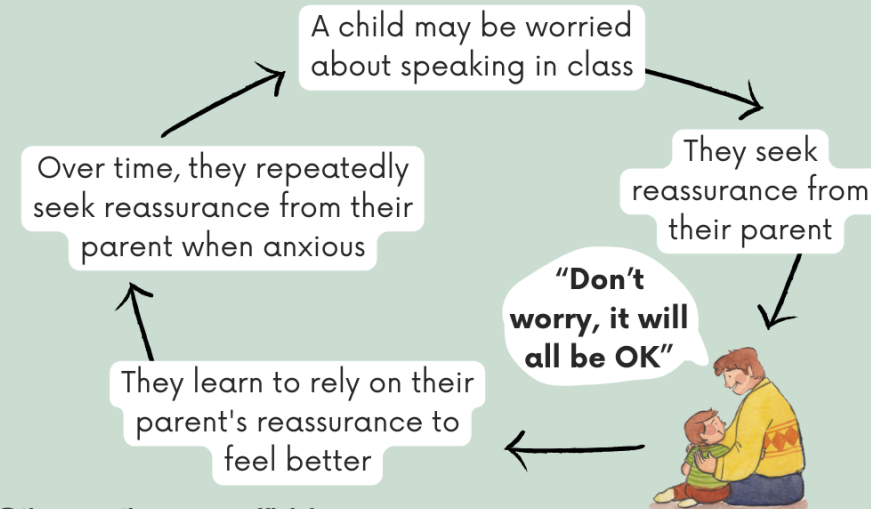
Don't keep the focus on the threat.

- ▶ Reassuring a young person about a threat or a safety plan keeps their focus on the things that might go wrong.
- ▶ Your young person may seek reassurance as a way of avoiding the feeling – rather than dealing with it.
- ▶ It can be hard not to over-reassure unless you are feeling calm and confident yourself.

Reassurance-seeking

As parents, it can be tempting to repeatedly reassure children when they feel anxious. You might notice it can help them feel better in the short term.

Over time, however, they may begin to rely on repeatedly seeking reassurance about the same fear instead of using new information to **learn that they can cope**.

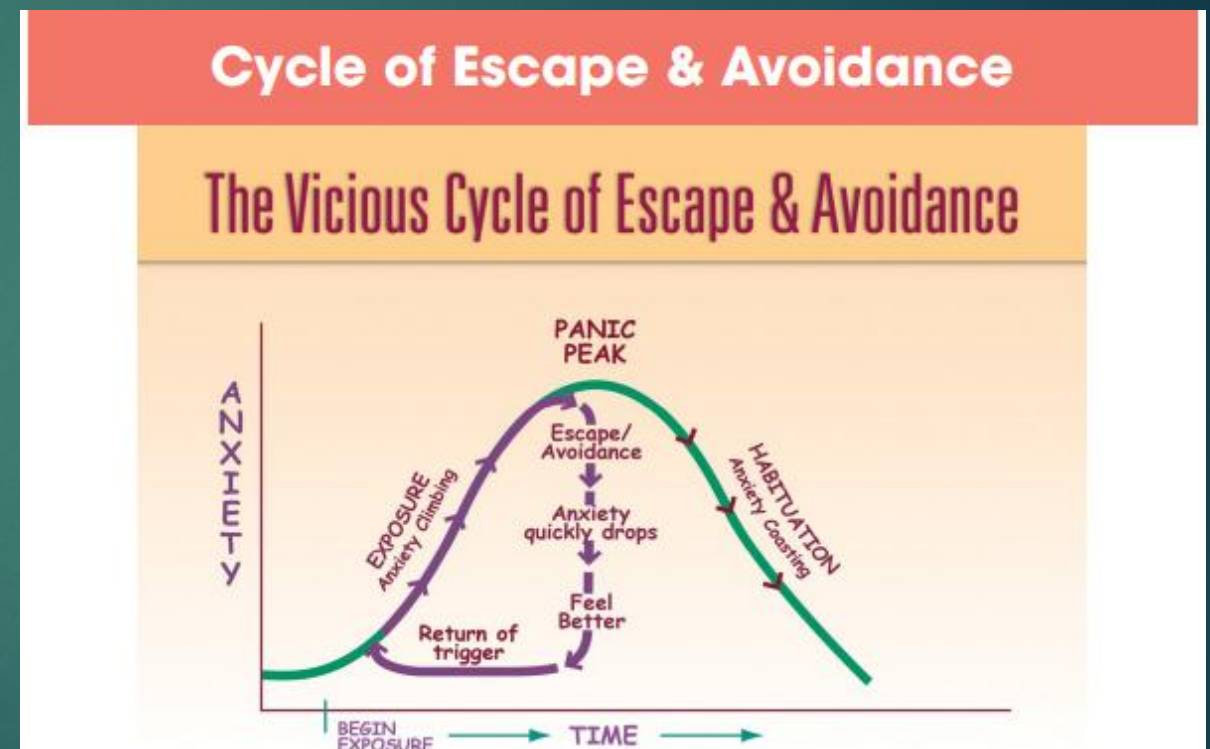
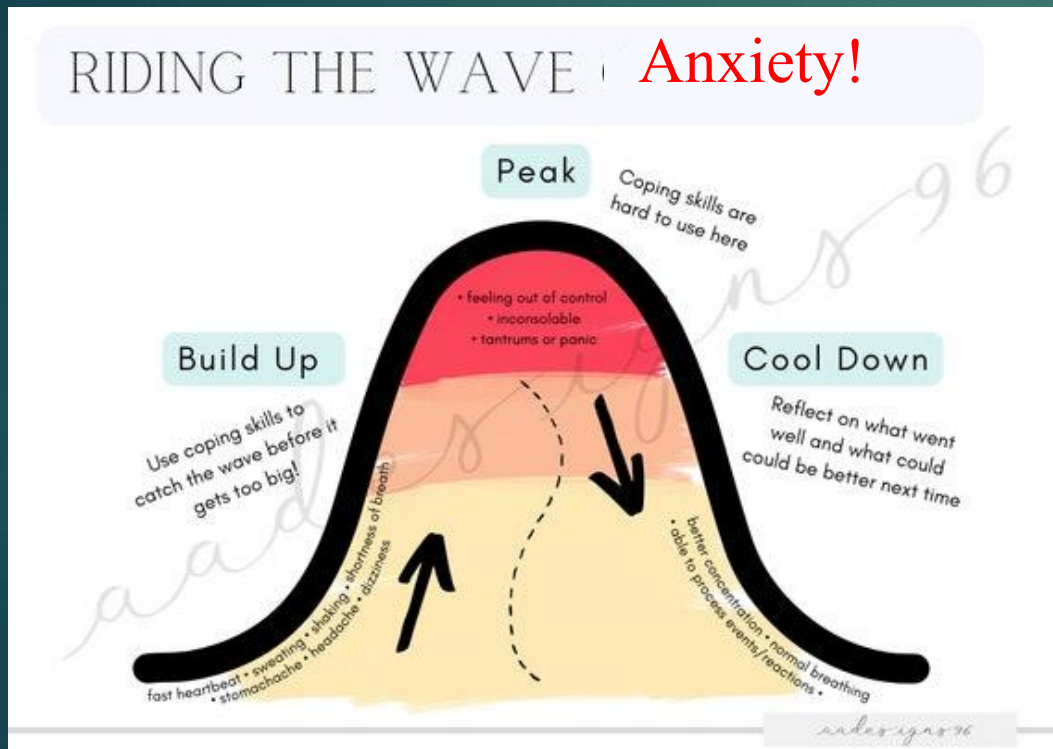


@theparentingspace_official

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



Avoidance can increase anxiety (learn to ride the wave).



When to use...

Self-directed resources



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graph TD; A[Self-directed resources] --> B[Universal support]; B --> C[Community Support for Mental Health]; C --> D[CAMHS]
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Universal support

Community Support for Mental Health

CAMHS

Self Directed Resources



Tools/strategies that any individual can use to address a mental health / wellbeing need such as anxiety.



May be suggested along with a more formalised piece of work (intervention).

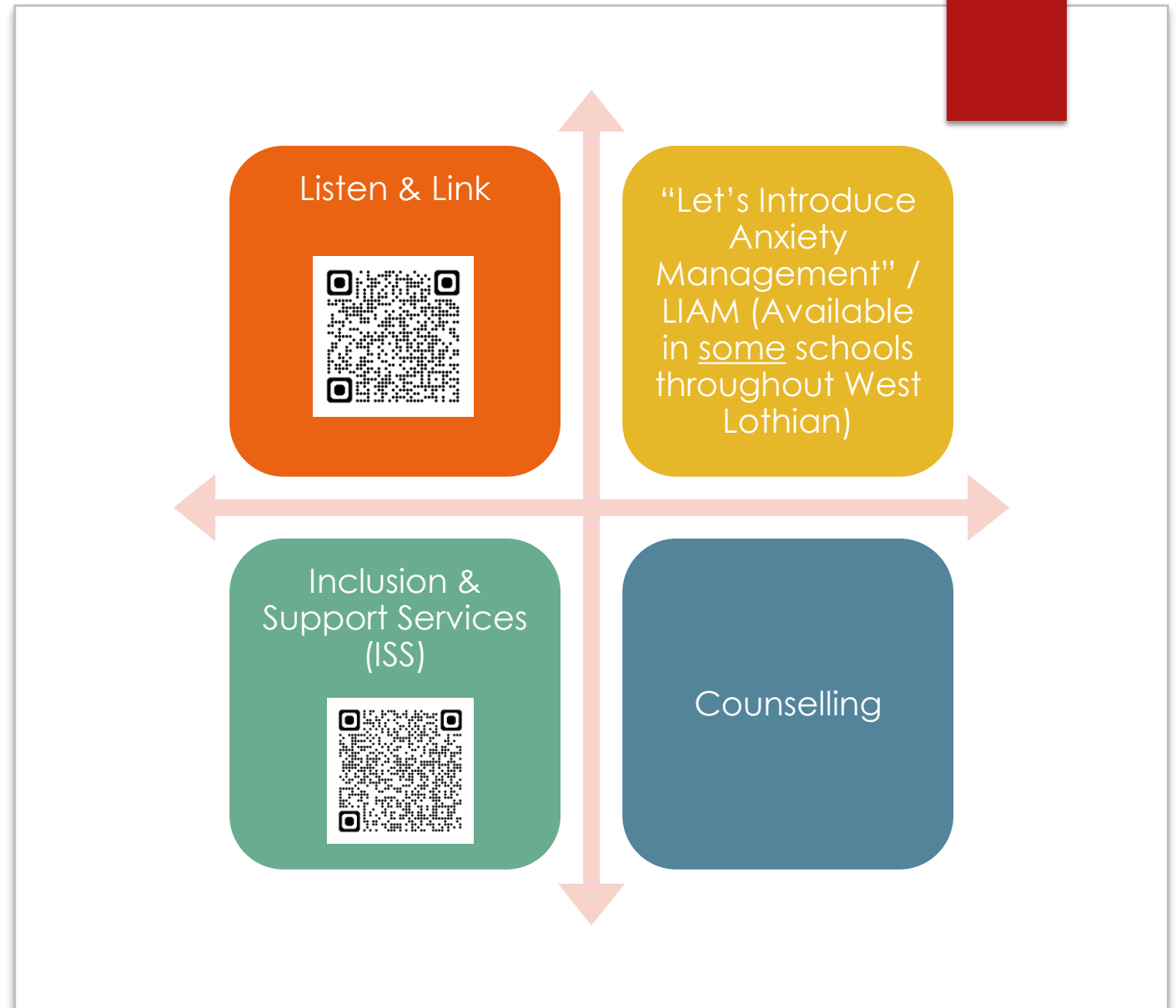


Examples of this may include strategies (such as relaxation / breathing exercises), books or self help / guided workbooks.

Universal Services

- ▶ Organisations or groups whose primary role is NOT to address mental health but support young people's wellbeing including GPs, schools, clubs etc.
- ▶ Participation can offer important experiences such as “feeling heard”, validation, encouragement, opportunity to build new skills, and growing confidence.

Community Support [targeted mental health support]



CAMHS



CAMHS provides interventions to young people experiencing moderate to severe mental illnesses.



Mental health assessments (Choice appointments or Tier 2 assessments) identify the level of need, most appropriate intervention and safety planning regarding risks.



Mental health interventions are time limited, goal based and measurable.

Things We Like To Try:

It may be helpful to take a photo of this slide to access the QR codes with another device at a later time.



NHS Lothian CAMHS Online Self Help Resources: Anxiety



4 Tips to Help You Unhook from Difficult Thoughts or Feelings



Anxiety: Moodjuice Self-Help Guide



Helping Your Child With Back-To-School Anxiety: A Guide for Parents/Carers

We'd love to hear from you!

Family Information Night

