

Anxiety



There are times in our lives that we feel anxious and worried. For children this can come out in their behaviour, how they involve themselves at school or with friends. Children at varying ages do not have the language to express how they are feeling (even some adults can struggle with this!) and this makes it even harder for them to understand.

Younger children often struggle to 'talk' about things and using play can help them express how they are feeling a bit more. Doing art and craft, going to the park, building Lego or any kind of play can help children process their emotions and might prompt them to be able to share.

Older children can be more difficult to engage in talking. Using text instead can help them open up without the emotional pressure of eye contact and feeling judged that a lot of children can feel.

ThinkNinja is designed for children and young people (10-18 years old) to help educate about mental health and emotional wellbeing. ThinkNinja also helps children and young people learn and develop a range of skills for when they are experiencing daily life stresses or who maybe feeling anxious. ThinkNinja was created by child mental health psychologist experts with help from young people to make sure the content, skills and how we talk about mental health and mood are just right and fun to use. You can download the app from the following link:

<https://apps.apple.com/gb/app/thinkninja/id1425884328>

If your child is worried for a long period or is starting to withdraw from activities and personal connections in their lives, then please seek support from your GP for further advice and support.

Below are some links to some ideas of things you can do with your child to help them develop their emotional resilience and manage their worries. These are not exhaustive and there are lots of ideas online. Young minds have been government funded to provide support and advice to children and their families.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

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

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://perfectionpending.net/20-fun-activities-to-help-kids-with-anxiety/>

