
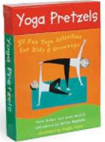











Intervention: Anxiety Management Tools

 Relaxation and distraction exercises	
<p>There are lots of different exercises and strategies that can help people to relax, either as part of their daily routine or when they notice they are starting to feel anxious. Here are just a few for you to explore. The young person may need support in trying out a range of techniques to find what works best for them.</p>	
Yoga	<p>Some CYP find yoga helpful in helping them to relax. Cosmic Kids yoga has many videos suitable for younger children. https://www.youtube.com/user/CosmicKidsYoga</p> 
 Breathing exercises	<p>Again, there are many different breathing exercises to try including 5 finger breathing, star breathing, box and belly breathing.</p> <p>There are lots of examples to try here Three-Part Breath - https://www.youtube.com/watch?v=VrTW5MhWuvI Original, Full Belly Breathing - https://www.youtube.com/watch?v=yaB_6LOIOLw Alternate Nostril Breathing - https://www.youtube.com/watch?v=Me4MC0zusiQ&t=14s Extended exhalation - https://www.youtube.com/watch?v=K7jxstPKQXw&t=97s</p>
Grounding exercises	<p>Grounding exercises can be helpful during anxiety or a panic attack by helping to ground the person in the present.</p> <p>Try the 5-4-3-2-1 exercise with the CYP. They name 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell and one thing they can taste.</p>
Mindfulness exercises	<p>Research has shown that mindfulness can help to reduce anxiety. Techniques include the Body scan: Sit or Lie down somewhere comfortable, close your eyes, tightly squeeze every muscle in your body, squish your toes and feet, fingers and hands, after a few minutes release all your muscles and relax.</p> <p>Suggested websites: https://www.smilingmind.com.au/mindfulness The Mindfulness Channel https://www.youtube.com/channel/UCUgSqj3itBTJMjC6SvjiByA https://www.headspace.com/meditation/kids http://www.mindfulnats.com/ also available as an app</p>
 Visualisation exercises	<p>Visualisation is another powerful technique that can help people unwind and relieve stress. Visualisation uses mental imagery to reach a more relaxed state of mind.</p> <p>Support the child to imagine:</p> <ul style="list-style-type: none"> A funny image A happy place A calming place Throwing their worries away
Do what you enjoy!	<p>Doing the activities that we enjoy can help us relax so it may be useful to support the child to identify these and help them to find ways to incorporate them into their day.</p> 

Other useful Anxiety Management tools

Worry Time	<p>Worry time is a set time in the day where a CYP can focus on their worries either by themselves through drawing or writing, or with another person through talking.</p> <p>Having a fixed and limited time to concentrate on your worries can help reduce the amount of time you spend thinking about them.</p> <p>In this time, the CYP should identify what is worrying them and what they can do to address the worry.</p>
 Worry Monster	<p>Some children find a worry monster helpful. They can write/draw their worries, or tell an adult who writes them down and then the child can feed their worries to the worry monster's mouth. Worry monsters can be bought or easily made out of a cardboard box and some craft materials.</p>
Journaling	<p>Journaling or keeping an anxiety diary can support the CYP in working through anxious feelings.</p>
 Talking	<p>Talking to other people can help to manage anxiety as it provides an opportunity to express feelings, challenge thinking and problem solve. It can be helpful for the CYP to identify who they can talk to about their worries.</p>
Books about anxiety	<p>Books can be a useful tool in helping the CYP and adults to understand more about their anxiety.</p> <div style="display: flex; justify-content: center; gap: 10px;">    </div>
Social Scripts	<p>Working with the CYP to plan what they are going to say to their peers if they are asked about their absence can be helpful for some CYP and alleviate some worries.</p>
5 point scale 	<p>The 5 point scale can be used as a way of supporting CYP to understand and manage overwhelming feelings. It can be used with CYP of all ages and begins with an exploration of emotions. CYP can then use the scale to describe how they are feeling, and what these feelings may look or sound like. With the mentor, they can explore situations that may make them feel a certain way and move to describing how to reduce overwhelming or difficult emotions. The scales that the CYP makes can be used as a communication tool for example, making into a keyring or using different coloured cards or bracelets to let adults know that they feel a certain way.</p> <p>There are free downloadable resources available on the website below. https://www.5pointscale.com/</p>