

# Building Resilience to Anxiety

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# Aims

- \* Explain how anxiety affects young people
- \* Describe how best to support a young person with anxiety
- \* Awareness of where further advice and information is available

# Definition of Anxiety

- \* Anxiety is a feeling we all get in a situation that is threatening or difficult. The anxiety stops when you get used to the situation, when the situation changes, or if you just leave. But if you feel anxious all the time, or for no obvious reason, it can make life difficult.
- \* general anxiety disorder
- \* panic attacks
- \* Phobias



# Definition of Anxiety Disorder

- \* International Classification of Diseases (ICD 10) World Health Organisation
- \* Extreme reaction to everyday events
- \* Strong desire or concern to do something / concern that something catastrophic is going to happen.
- \* Severe, enduring and unpleasant
- \* Significantly Interferes with activities daily living
- \* Illogical, persistent heightened sense of alertness
- \* 5-10 % young people to some extent
- \* 3.6 of 16-24 year olds have a generalised anxiety disorder. (Young Minds 2015)

# Anxiety Disorders

- Generalised anxiety
- Separation anxiety
- Emotionally based school refusal
- Social anxiety
- Panic disorder
- Fears and Phobias
- Post traumatic stress disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Selective mutism

# Affects of Anxiety

- \* Thoughts
- \* Emotions
- \* Behaviours
- \* Physical

# Thoughts

- \* Catastrophic
- \* Muddled thinking
- \* Impaired Judgement
- \* Nightmares
- \* Negativity
- \* Hasty decisions

# Emotions

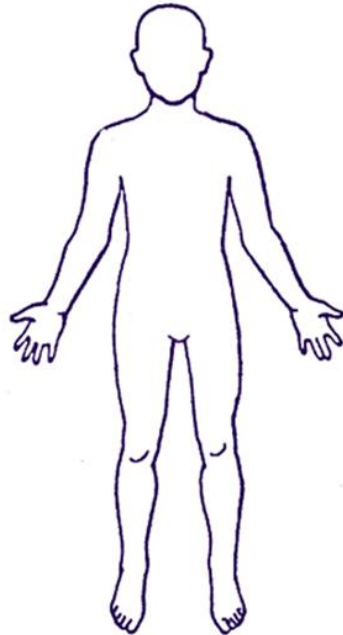
- \* Angry, sad, unhappy, disappointed, frustrated
- \* Loss of confidence
- \* More particular
- \* Irritability
- \* Depression
- \* Apathy
- \* apprehension



# Behaviour

- \* Social avoidance
- \* Social withdrawal
- \* Lack of containment
- \* Sleep disturbance
- \* Crying
- \* Self harming

# Physical Affects



# Physical Signs of Anxiety

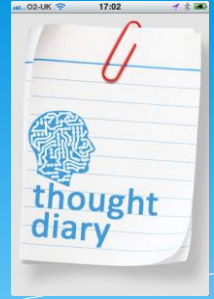
- Feeling lightheaded /headaches/dizziness
- Blurred vision
- Dry mouth or throat
- Fast / irregular heart beat
- Increased breathing rate / hyperventilation / shallow breathing
- Weak/ tense /tingling or aching of muscles
- Stomach aches or bowel problems (somatic)
- Sweating – hot and cold
- “Frozen” to the spot
- Tense muscles - exhaustion

# Vicious Cycle Of Anxiety

**Trigger - real or imagined danger**



# What can help with anxiety?



- **ACKNOWLEDGE** and notice when your are feeling anxious
- **CONTAIN** and challenge anxiety
- **DISTRACT** yourself by doing something you enjoy
- **PROBLEM SOLVE** compartmentalise allow 15 minutes worry time a day to help contain anxiety (worry time)
- **THOUGHT DIARY** – write down worries and fears and contain to a book you can just shut and close off your worries and fears
- **TALK** to someone – a problem shared is a problem halved.



# Visualisation

## 5 Senses

Picture a place or a time when you have been at your happiest:

- Holiday
- Social meal
- Party
- Shopping
- Pony Trekking
- Swimming pool
- Beach





- **CHALLENGE WORRIES** write positive challenging statements next to your worry thoughts
- **RELAXATION**
  - Go somewhere quiet or just look out the window & let your mind relax
  - Think of your Happy Place & let your mind take you there
- **BREATHING EXERCISES**
  - Deep breath in through the nose and out through the nose in for 5 positive/ green & out for 5 negative /red – regular breathing pattern.
- **PROBLEM SOLVING** using worry tree



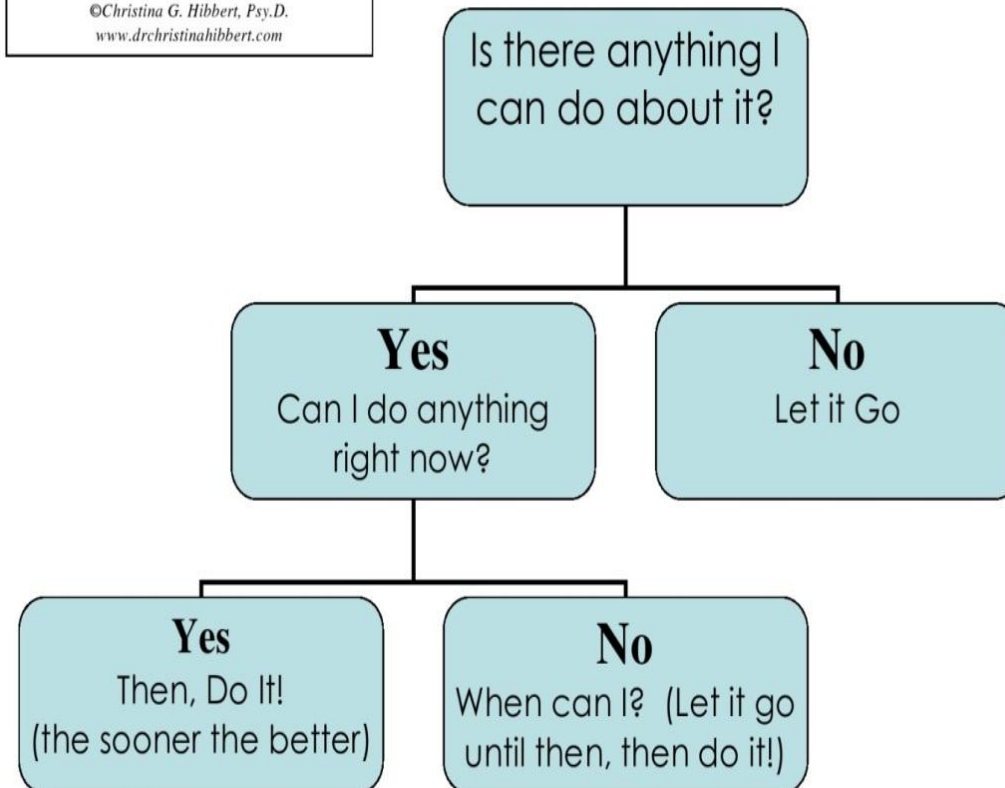
- **EXERCISE** releases endorphins – the feel good hormones
- **HEALTHY DIET** having a health balanced diet, drinking plenty of water
- **SLEEPING** making sure you get 8 hours a night can make a difference on your mood and how you feel
- **PLANNING AHEAD & BEING ORGANISED**
- **PAMPER YOURSELF** do what you enjoy and reward yourself



# Problem Solving your Worries

## Worry Tree

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# What works for you?

In groups write down 3 things that you would help you if you were feeling anxious.

# Support and information

- \* If you're worried you can speak to your **Parents, Teachers, School Nurse**, go to your **GP** or local **A&E** for help.

Or visit for more information:

Surrey First Steps: [www.firststeps-surrey.nhs.uk](http://www.firststeps-surrey.nhs.uk)

Mental Health Foundation: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Phobics Society: [www.phobics-society.org.uk](http://www.phobics-society.org.uk)

Get Self Help: [www.getselfhelp.org.uk](http://www.getselfhelp.org.uk)

- Phone Childline: 0800 11 11
- Phone Samaritans: 08457 90 90 90

# Summary



- Regain control of anxiety **not** anxiety controlling you
- Keep in proportion
- Feel the fear and face it anyway
- Use coping strategies they **WILL** work, just keep practicing for habit reversal
- Use Distractions & enjoy life don't worrying it away!
- Knowing where to go and get help if you need it



# Questions?