



Mental Health Awareness Week 2023

# Anxiety

A guide for parents and carers



— The —  
Wellbeing  
Hub  
— from Teen Tips —



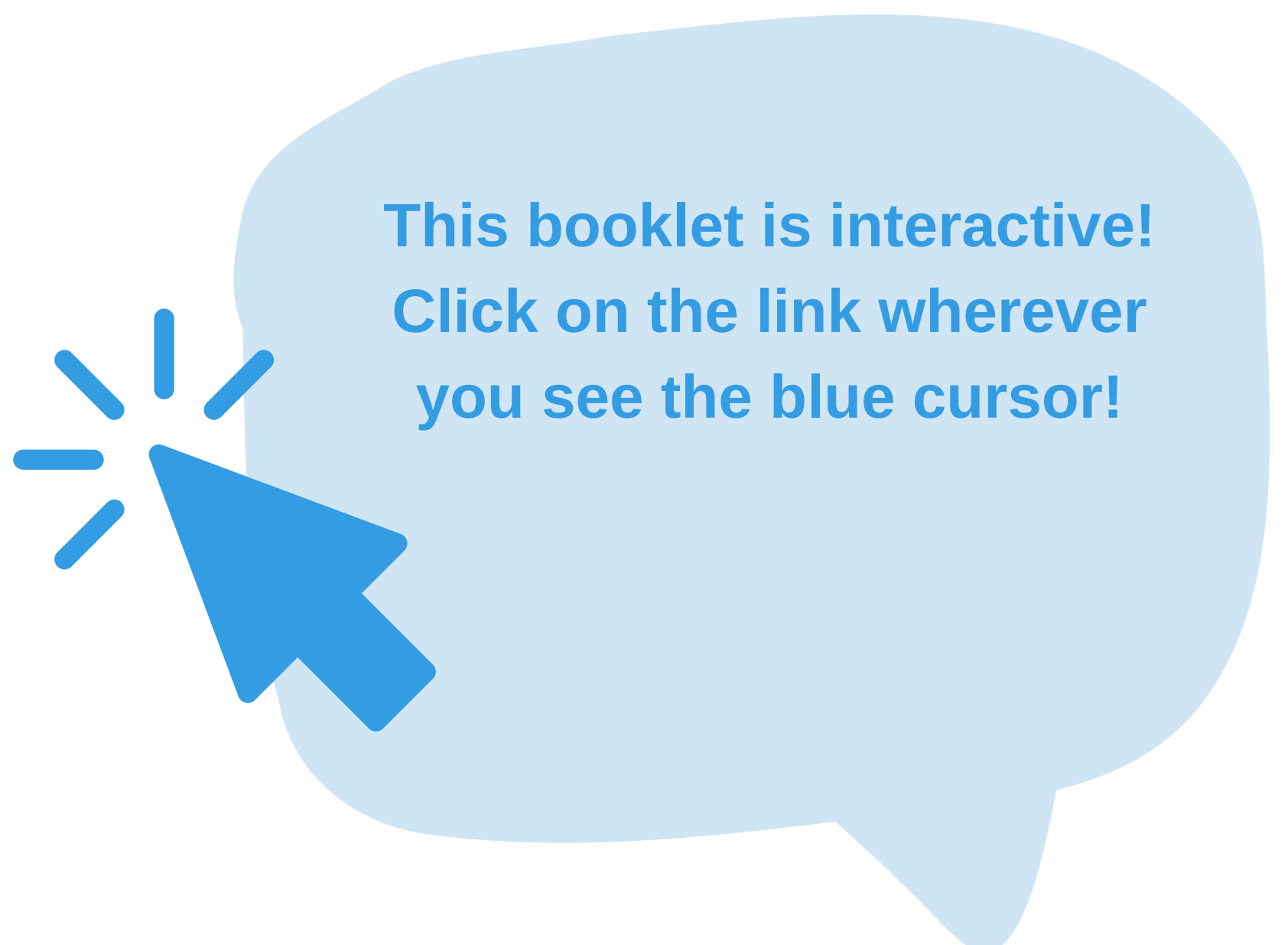


# Mental Health Awareness Week 2023

## Contents

### Supporting young people with feelings of anxiety

Top Tips from our A-Z of wellbeing.....	1
Resources for young people.....	2
Q&As answered by our experts.....	3
Support services for children and young people.....	4
Resources for parents and carers.....	5
Additional resources accessible to all.....	6



## Top Tip from our A-Z of wellbeing

Click on the speech bubbles to find out WHY you should TRY

Keep a gratitude journal – try to write one or two things each day that you are grateful for

Focus on the effort you put into something, rather than the results

Give someone a big hug and tell them you love them

Go to concerts – listening to live music in a crowd of people boosts our energy

Instead of eating in front of the tv or in the kitchen, take your meal out into the garden or to your local park

Switch off notifications and take a tech-free break

Block out time every week to do one thing that makes you happy

Follow social media accounts that only post positive and funny content

Tell yourself something each day that you like about yourself

Put on your favourite song and dance around the room! Physical exercise elevates dopamine and endorphins, two neurotransmitters responsible for feelings of pleasure and happiness

Challenge unhelpful thoughts with questions like: Where is the evidence that what I am thinking is true?

## Resources for young people

### **Stop and breathe: tips for reducing anxiety**

Read our top tips for reducing anxiety and staying calm.

### **Stress strategies**

Learning how to relax and practise healthy coping strategies are all part of managing stress. We share our top tips.

### **How to manage negative thought patterns**

Every young person knows that sometimes life can be challenging. Bad feelings happen and it can be hard to manage sometimes.

### **How to counter eco-anxiety**

Read these top tips on how to counter eco-anxiety and support your community.

### **How to overcome social anxiety**

Read our practical advice on how to develop your social skills and support those who are socially anxious.

### **Seven tips for overcoming social anxiety**

Social situations can be nerve-racking for everyone. Watch our video for tips on how to overcome social anxiety.

### **How to use yoga to benefit your mental health**

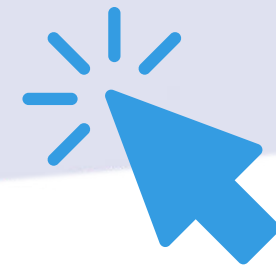
Jenny discusses how yoga connects us with others, keeps us physically active, helps us learn new skills, and pay attention to the present moment.

### **10 minute stress release**

A short yoga session to help release that built-up stress.

## Q&As answered by our experts

My daughter is really anxious and has started to refuse to go to school. What should I do?



How do I help a young person who suffers from panic attacks?



My son isn't sleeping, and I suspect he is very anxious about upcoming GCSEs, what can I do?



My daughter is struggling with anxiety and is very reluctant to seek help. What should I do?



# Support services for children and young people

### [Kooth - Your Online Wellbeing Community](#)

Kooth is an online chat and emotional well-being support service for children and young people. Kooth is a completely safe and anonymous website where you can go to gain advice and support, 365 days a year. Kooth can offer lots of support and their qualified youth workers and counsellors are available to chat everyday.

### [Shout 85258](#)

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

### [The Clear Fear App](#)

The Clear Fear app was created by child & adolescent therapist, Dr Nihara Krause to help you combat feelings of anxiety and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

### [Tellmi](#)

Tellmi is a digital peer support app for young people aged 11-25. Share your problems, get support and help other people too. Connect with people your own age for safe support.

### [Childline](#)

Childline is a free, private and confidential service for anyone under 19 in the UK. Their counsellors are trained staff and volunteers and they are available everyday from 9am to midnight.

## Resources for parents and carers

### Stop and breathe tips

When everything gets too much, use these wellbeing tips to take time out and check up on yourself, share them with your child or student.

### Top tips for staying emotionally well

When it comes to protecting our mental health there are some things which are beyond our control, such as our genes, but there are many things which we can control including our diet, sleep, exercise and attitudes. Alicia discusses how we can protect our mental health and cultivate healthy coping strategies which, when used regularly, build our emotional resilience.

### The return to school

Do you have children who are anxious about returning to school? Read our tips on how to support and prepare them for the return to school.

### Why sleep matters

Sleep deprivation in adolescence impacts on healthy emotional, cognitive and physical development. Sleep deprivation also has known links to anxiety and depression, so in this blog, we discuss why sleep is so important and pinpoint the most important areas of development affected by lack of sleep.

Have you tried our parenting courses? Our courses will give you information and step-by-step tools to create a happy home life, minimise drama, and help your child thrive.

Access the courses **HERE**.



## Additional resources accessible

**to all**

\*Share any of these resources with friends and family!\*

### [Managing Negative Thought Patterns by Clare Nicholas, School Counsellor at Pipers Corner](#)

Clare shares her advice on how to manage negative thought patterns, practise self-care, and notice your positive attributes. This is a great one to share with your child.

### [Journaling for Wellbeing & Stress Reduction with Francesca Geens, The Happy Self Journal](#)

We discuss the benefits of journaling for wellbeing, the different types of journaling, how to engage young people with journaling, and how journaling reduces stress and contributes to a growth mindset.

### [Supporting young people in an uncertain world by Alicia Drummond, Therapist & Founder of The Wellbeing Hub](#)

Amongst children and young people anxiety levels are high, and many are feeling frightened as they grapple with ongoing negativity in the news. We share our top tips on how to support young people through uncertain times.

### [How To Counter Eco-Anxiety by Katrina Judge, Founder & Director of Young Climate Warriors](#)

We are delighted to share this blog written by Katrina Judge from Young Climate Warriors on how to counter eco-anxiety.

### [Understanding Obsessive Compulsive Disorder with Alicia Drummond, Therapist & Founder of The Wellbeing Hub](#)

Obsessive Compulsive Disorder (OCD) is a mental health problem which affects 2 in every one 100 people. It is a complex disorder which can be difficult to understand for both the sufferer and their family and friends. So what exactly is it?