



Polehampton Schools

Anxiety Workshop

Friday 17th March



Workshop Aims

To have an improved understanding of anxiety.

Feel better equipped to manage anxiety within the home.

What is anxiety?

“a state of **uneasiness** or **tension** caused by apprehension of possible future misfortune, danger, etc; worry”

Why?

An impaired sense of safety

Lack of control

Learned behaviours

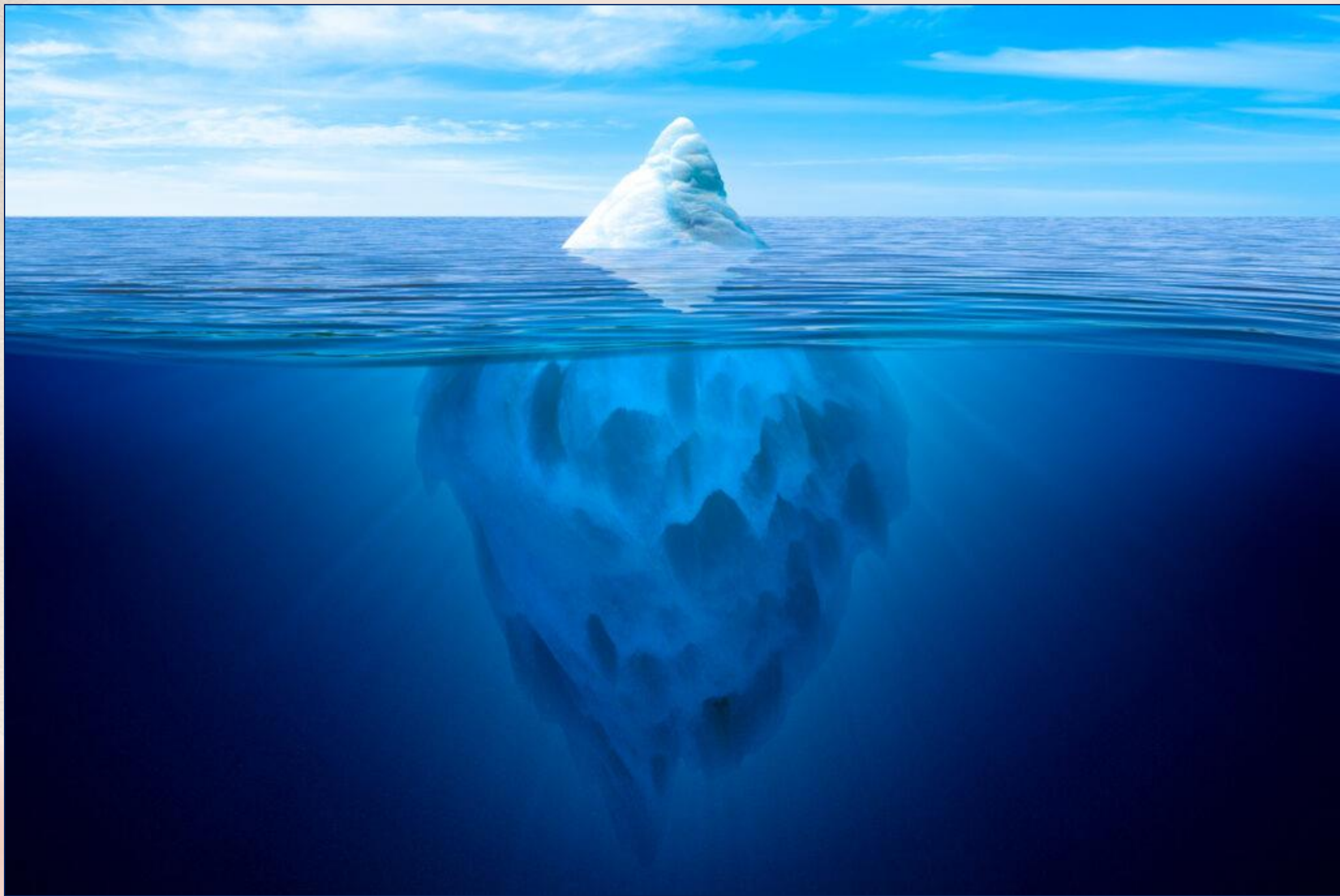
Genetics

Expectations/pressure

Social pressure

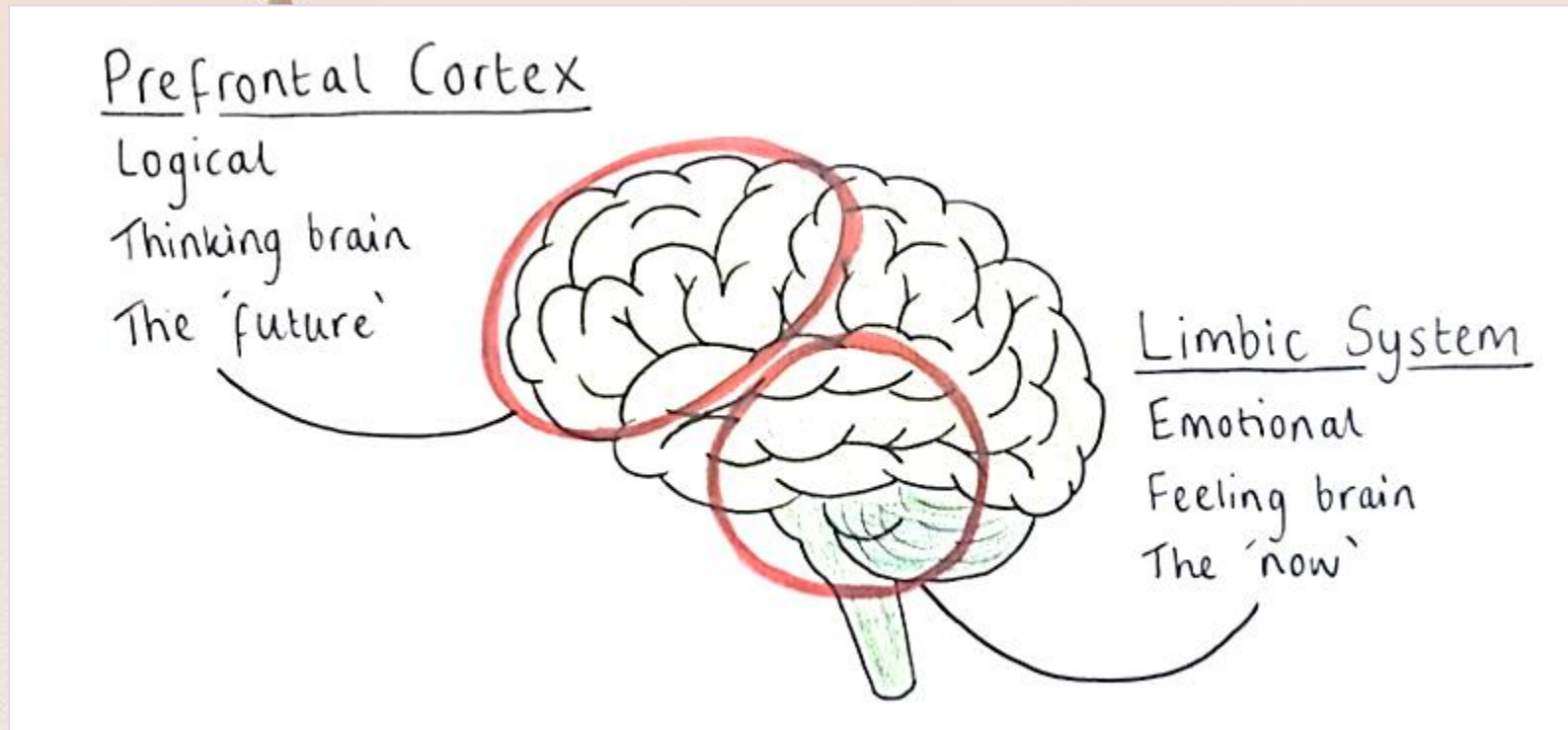
Academic pressure

Separation



Maslow's Hierarchy of Needs





Anxiety becomes problematic when the balance of activity in the emotional centres of the brain (the limbic system – emotional regulation and memory) ‘take over’ the higher cognitive centres (the frontal lobe).

The limbic system helps the body respond to intense emotions, in order to protect:

Flight, **Fright**, Freeze

- and Flop (closing down/showing no resistance)

These can't be controlled; they flood our body with chemicals.



FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless



When is it a problem?

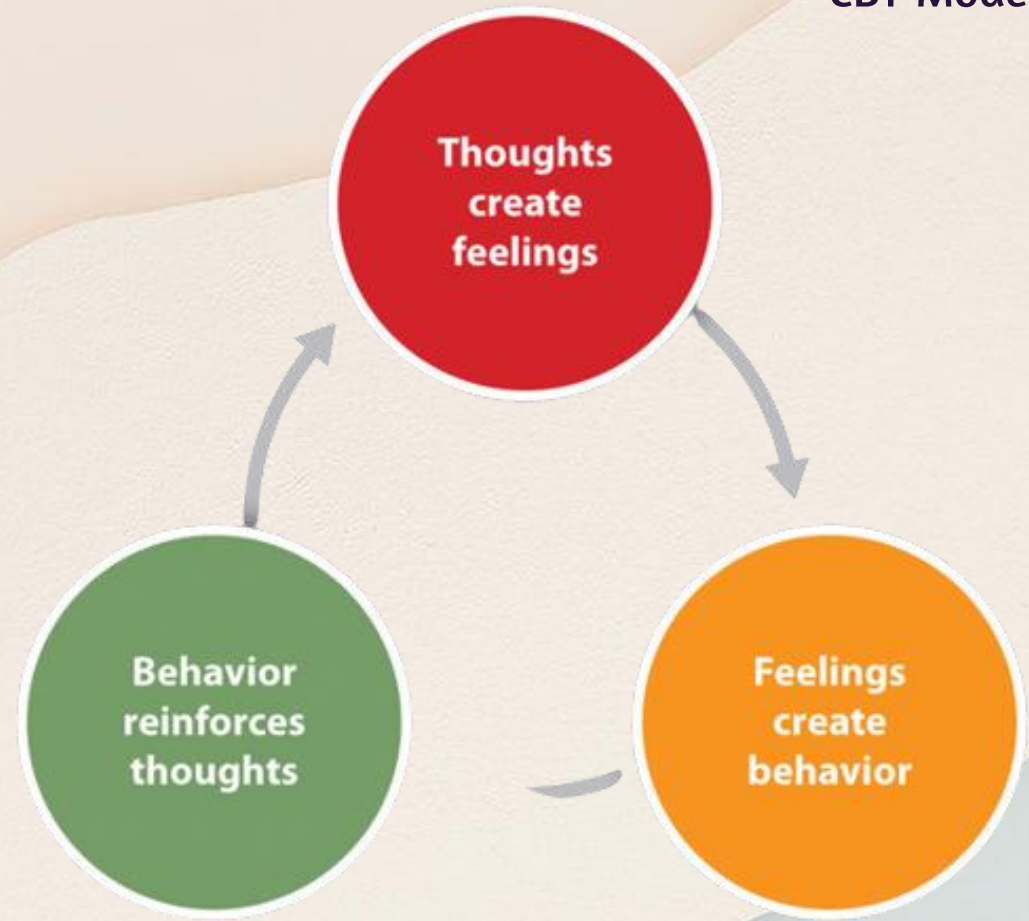
From Mind:

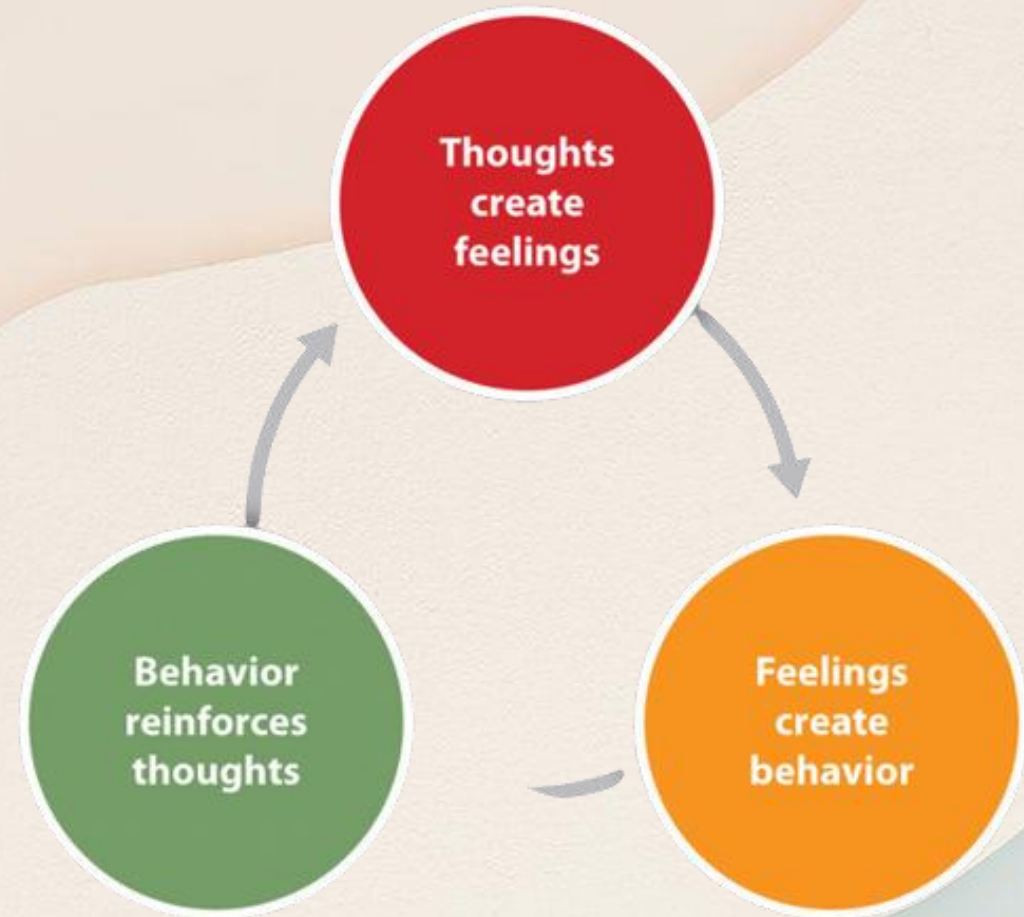
- Feelings of anxiety are very strong or last for a long time
 - Fears or worries are out of proportion to the situation
 - Avoid situations that might cause you to feel anxious
 - Worries feel very distressing or are hard to control
 - Regularly experience symptoms of anxiety
 - you find it hard to go about your everyday life or do things you enjoy.
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- The way it presents:
 - anger/avoidance/heightened emotions/OCD



Basic Principles

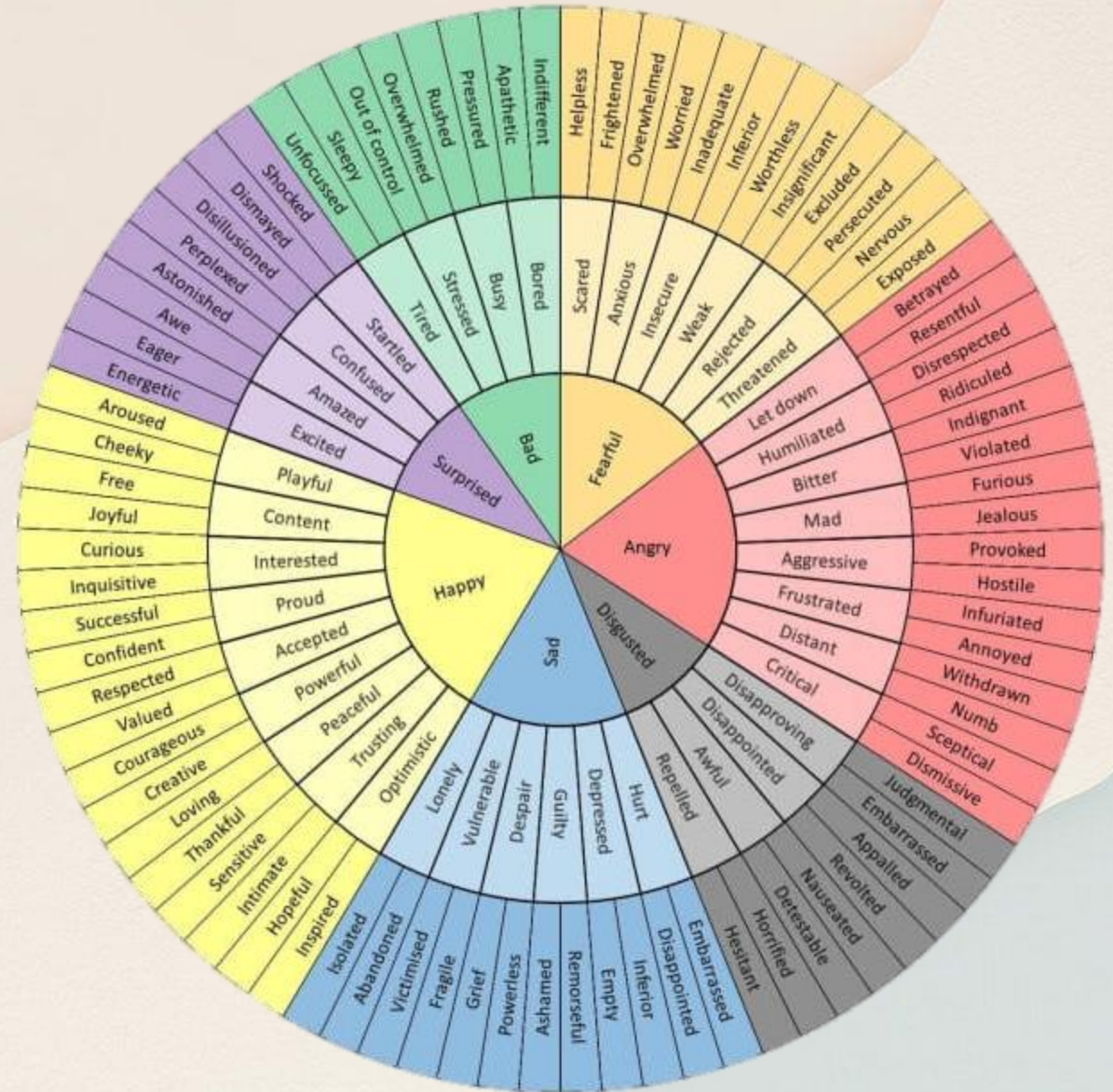
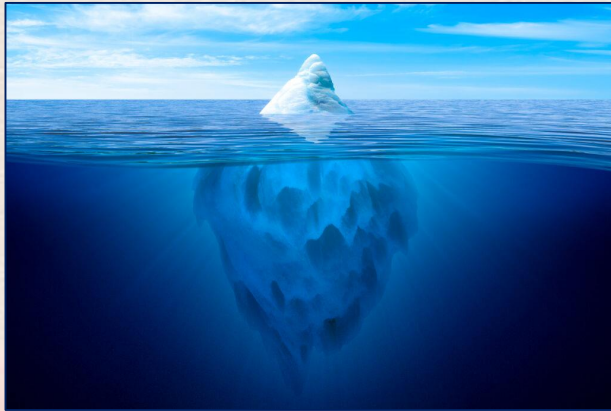
1. Unpick
2. White Bear – Let it Be
3. Avoid reassurance
4. CBT





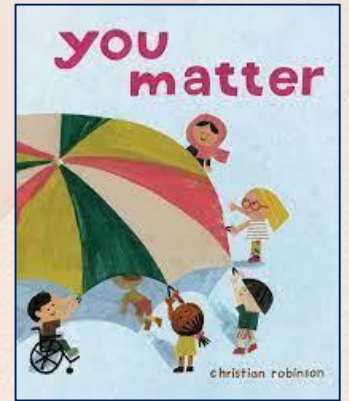
Emotional Literacy

Naming emotions accurately and avoiding assumptions.



How to help at home?

- Good sleep hygiene
- Story time – at any age!
- Dedicated ‘time to talk’
- Post Box/Worry Dolls/Worry Monster/Bag of Worries
- Incredible 5-point scale
- Evidence-based
- Role play
- Books
- CBT model of work



The Incredible Five-Point Scale

5	Terrified
4	Scared
3	Worried
2	Edgy
1	Content

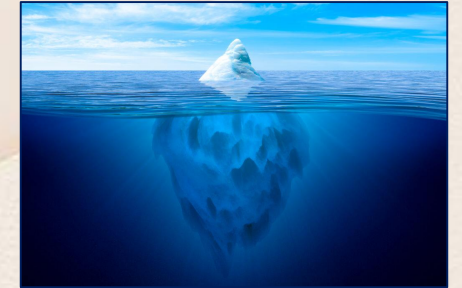
5	Despair
4	Anxious
3	Persecuted
2	Threatened
1	Content

5	Terrified	Safe Place
4	Scared	Cuddle
3	Worried	Speak up
2	Edgy	Palm Breaths
1	Content	

5	I can't stand this and ready to explode. I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.	
4	I am getting too angry. My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.	
3	I am getting really irritated. I need to walk away from a bad situation. I will tell my teacher that I need a break.	
2	I am doing OK. I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.	
1	I am doing great. I feel good about myself and about what is going on around me.	

5	Angry I've lost control. I'm not listening anymore. I could hit, kick or bite. I need a quiet place to calm down.	
4	Overwhelmed Everything is too hard. I'm losing control and need to leave the environment I'm in. Give me space.	
3	Frustrated I'm not getting it. I'm showing signs of stress. I should take a break now.	
2	Anxious Trying to stay focused, but having a hard time staying on task. Use calming strategies now.	
1	Happy Ready and willing to Work.	

Thoughts (triggers)

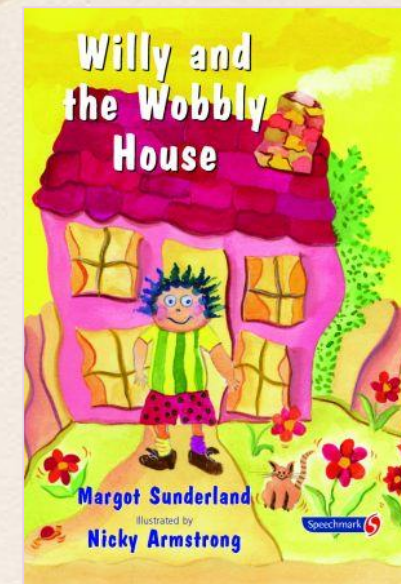
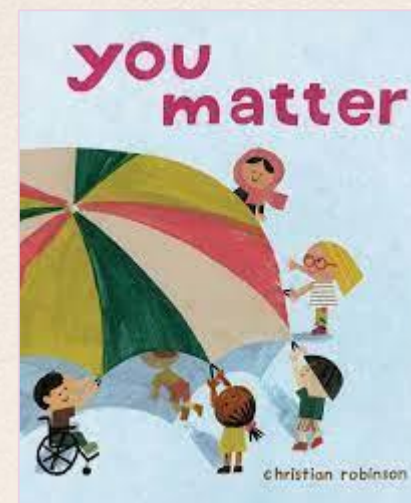
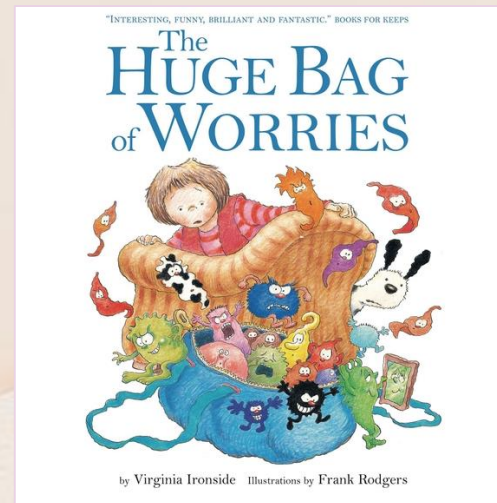
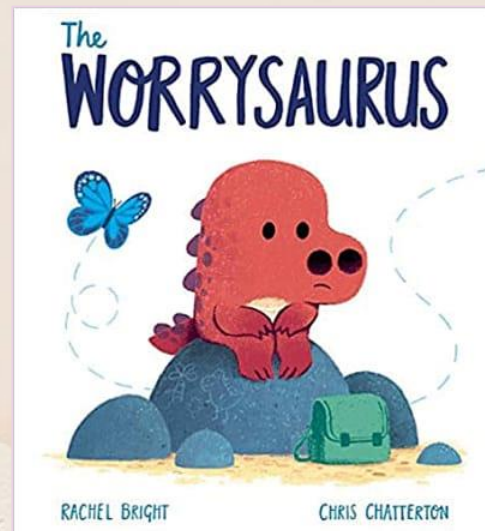
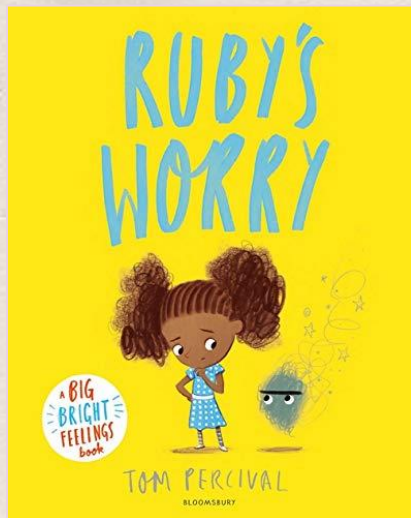


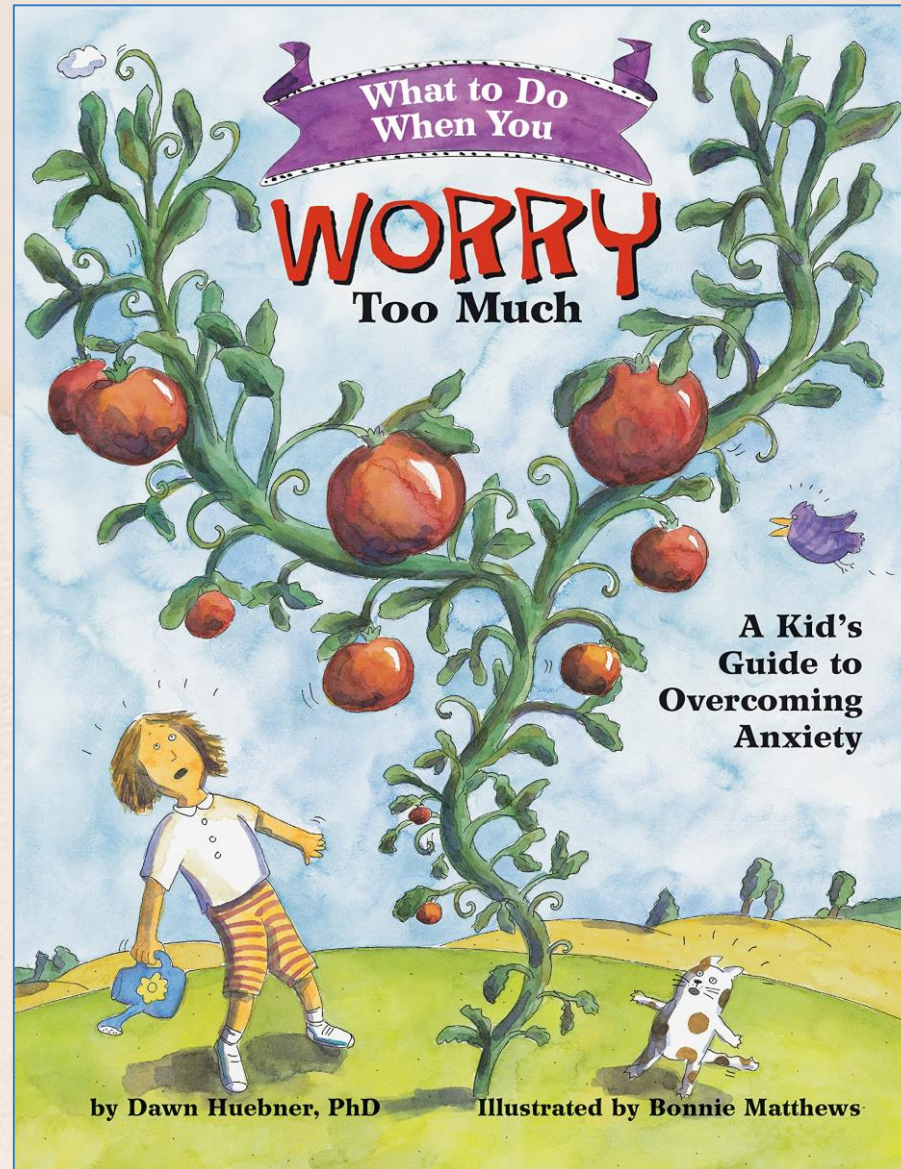
Feelings



Behaviours

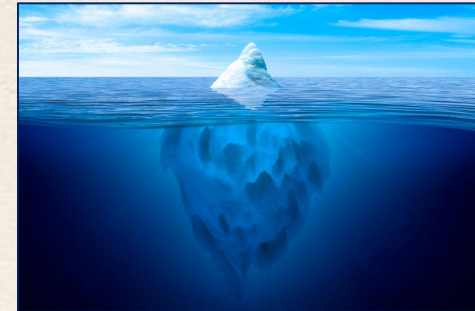






What we can do at school?

- Decompression time
- PSHE teaching – mental and physical health
- Mindfulness – breathing exercises 🖐️
- The school day starts at dawn (or before!)



External Avenues

- Emotional Wellbeing Hub
- MEHA
- Early Help
- Social Media communities (word of warning about falsehoods)
- Occupational Therapists (Private options only)



Any Questions?