



scared tense
chest pain panic attacks
phobia tension
headache
stress
fear
sweating
feelings
worry
restlessness
symptoms
disorder
trembling
tension
angst
jumpy
degenerate

ANXIETY



The City of
Birmingham School

Birmingham City Council's
Pupil Referral Unit



Behaviour Support Service (BSS), LACES PRU,
Virtual College, RITE Project

What is COBS?

3 Primary Centres
6 Secondary Centres
KS4 Provision

Outreach team to
support positive
behaviour in schools





Our Objectives.....

- To revise your knowledge of anxiety – what it is and why it happens.
- To give strategies to support your pupils and colleagues to address anxiety in the school and classroom setting.



What is Anxiety?



A feeling of worry, nervousness, or unease about something with an uncertain outcome

- **Generalised Anxiety Disorder (GAD)**
- **Social Anxiety**
- **Obsessive Compulsive Disorder (OCD)**
- **Post Traumatic Stress Disorder (PTSD)**
- **Panic Disorder**
- **Separation Anxiety**
- **Selective Mutism**
- **Phobias**



1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - anxiety is the most common - that is around three children in every class



More than half of all adults with mental health problems were diagnosed in childhood.

WHY?

Are our children really in crisis, or the victims of parents' anxiety?





Emotional Development.....

Genetics

Temperament

**Negative
childhood
experiences**

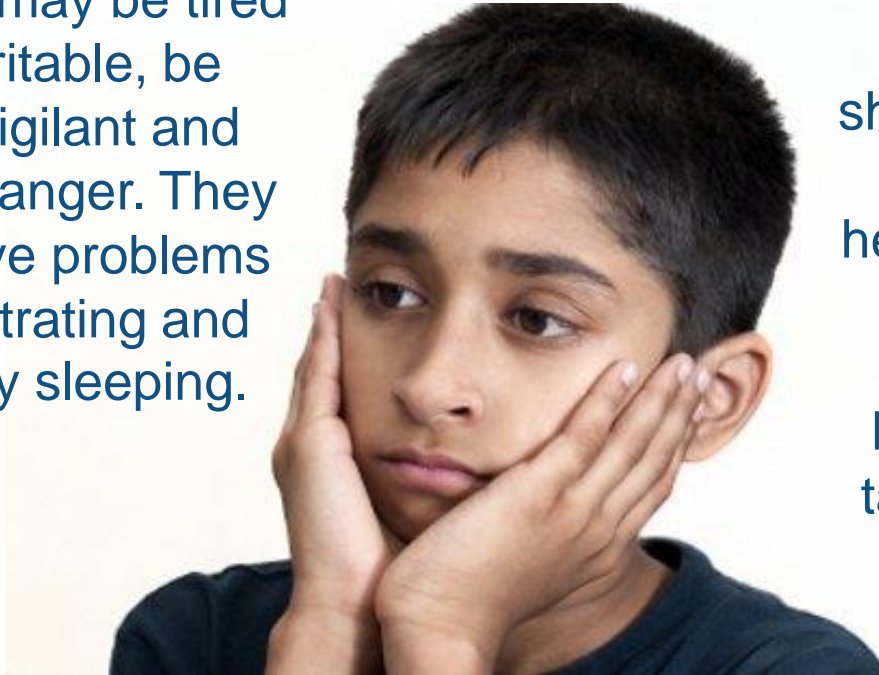
**Stressful or
Traumatic
experiences**





Signs of Anxiety.....

Children and young people with an anxiety disorder may be tired and irritable, be hypervigilant and quick to anger. They may have problems concentrating and difficulty sleeping.



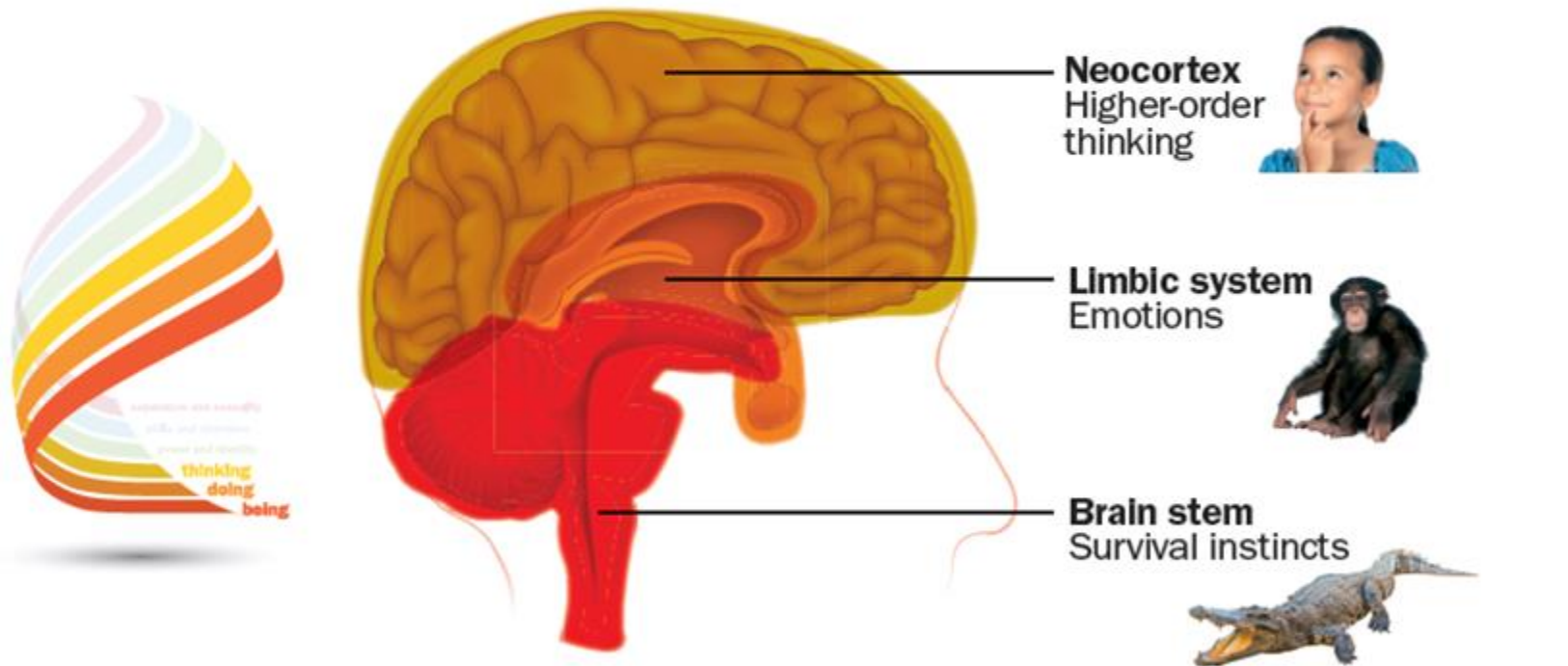
Anxiety may also show itself as physical symptoms such as headache and muscle tension, or as dysregulated behaviour including tantrums, crying and 'freezing' with fear.



Brain Science



Where are you acting from?





The Amygdala

- The amygdala (the alarm system in the brain) acts like a threat detector, scanning for potential threats.
- If it is triggered it shuts down areas of the brain, such as the neocortex and stops us thinking, propelling us into fight flight or freeze.

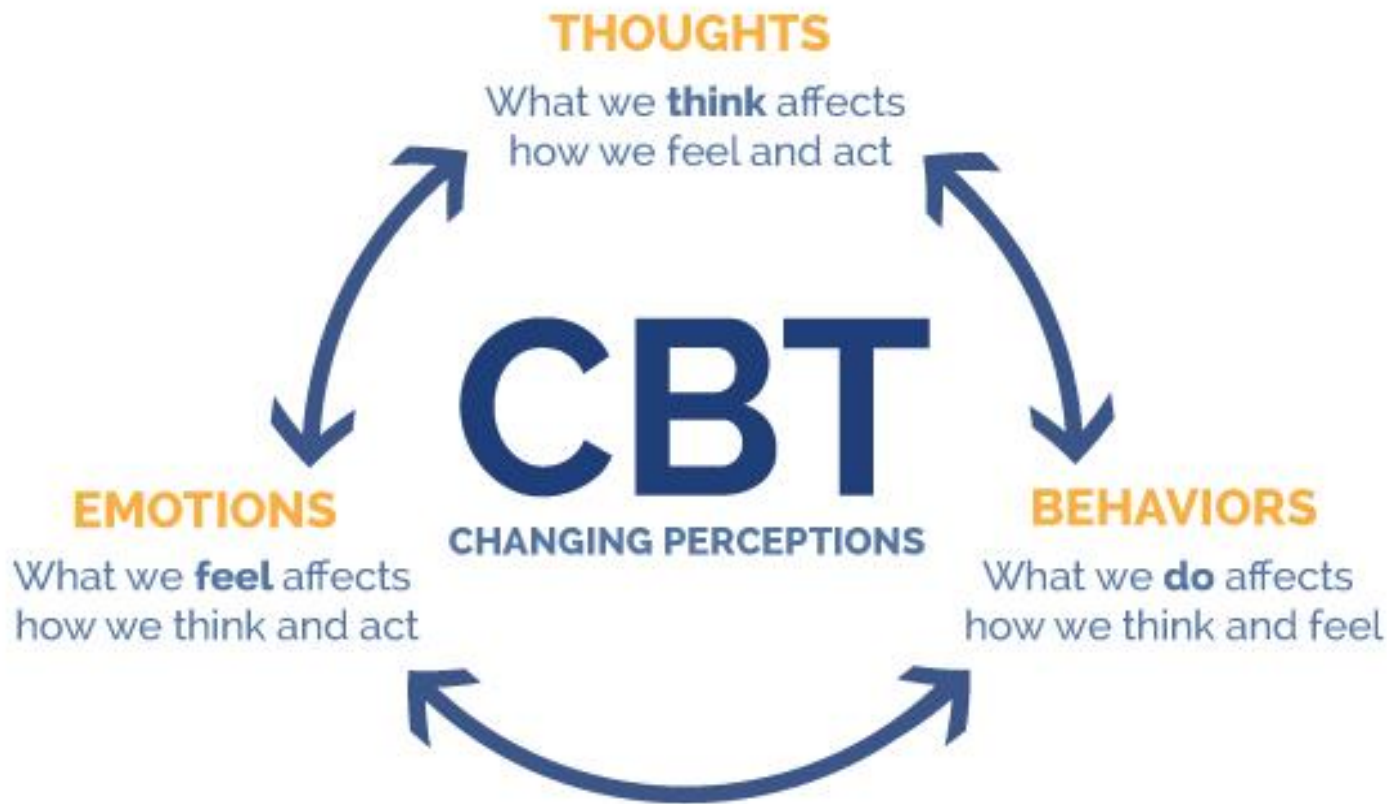




How can we
HELP?



Cognitive Behaviour Therapy





Calming Strategies

- One way in which we can help to alleviate anxiety and stress in others is to meet them with the Vital relational functions (VRF's)
- To do this we must: Attune
Validate
Contain
Soothe





The Breath



This post-it note can save your life.





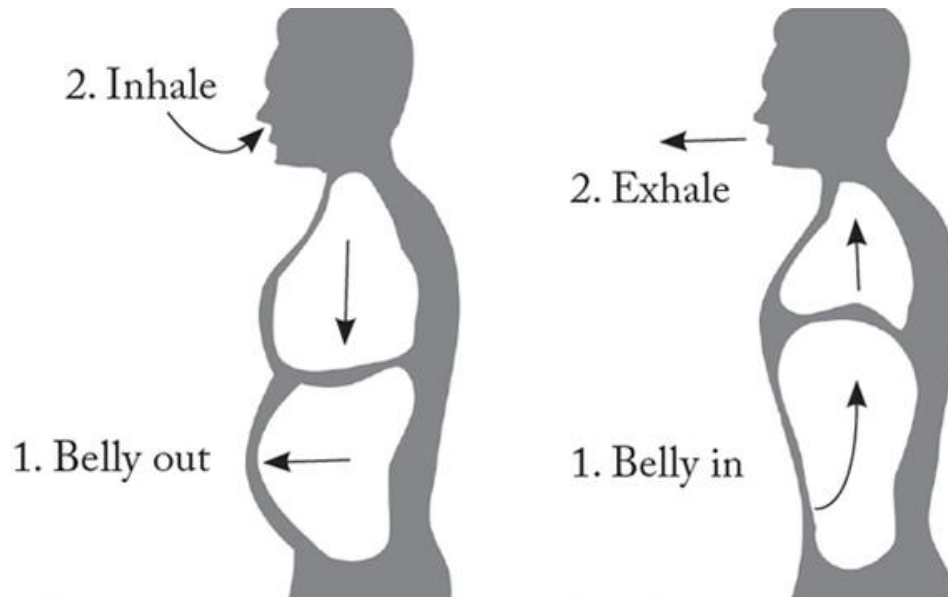
The Benefits of Deep Breathing

- Stimulates the parasympathetic nervous system which activates a calming response
- Gives more oxygen to the body
- Reduces cortisol, the stress hormone
- Increases oxytocin, the 'feel good' hormone
- Makes you less impulsive and regulates your emotion
- Is a pain reliever
- Improves focus and concentration

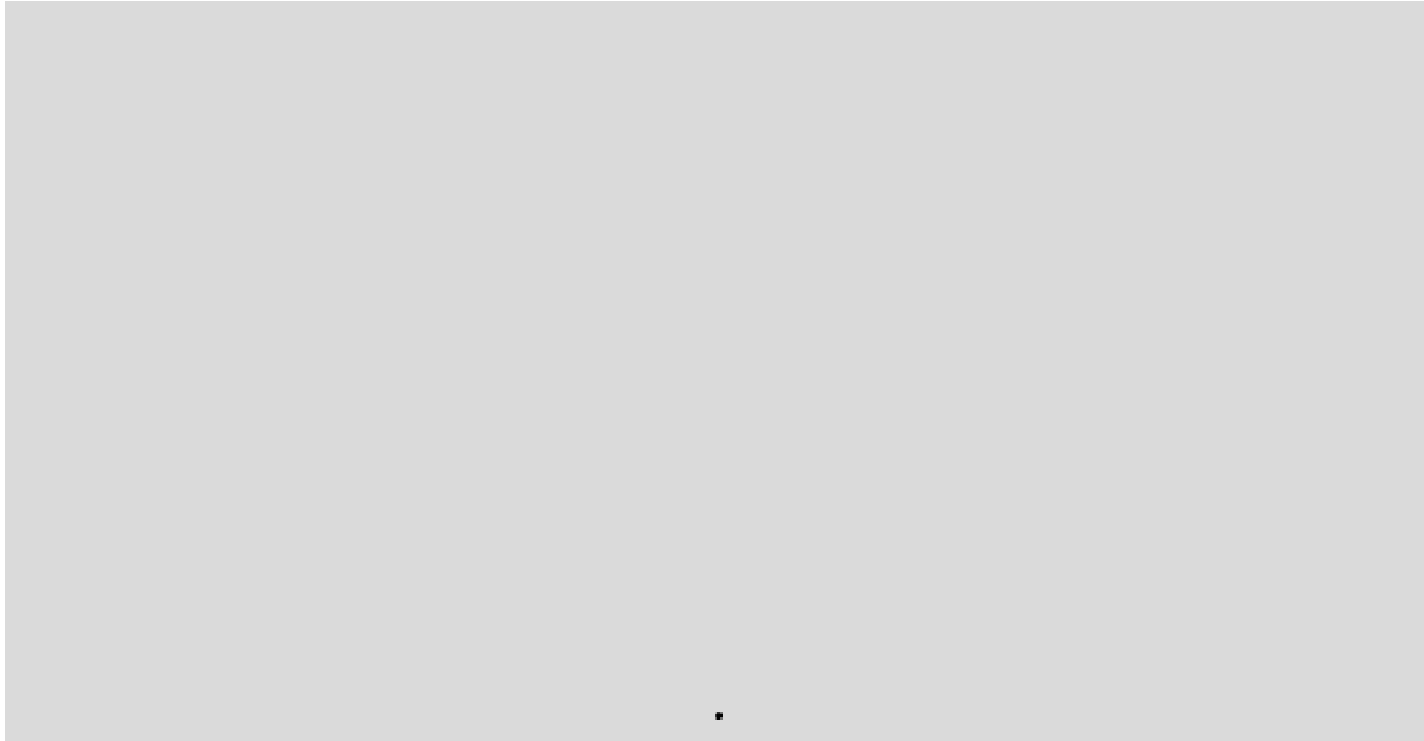




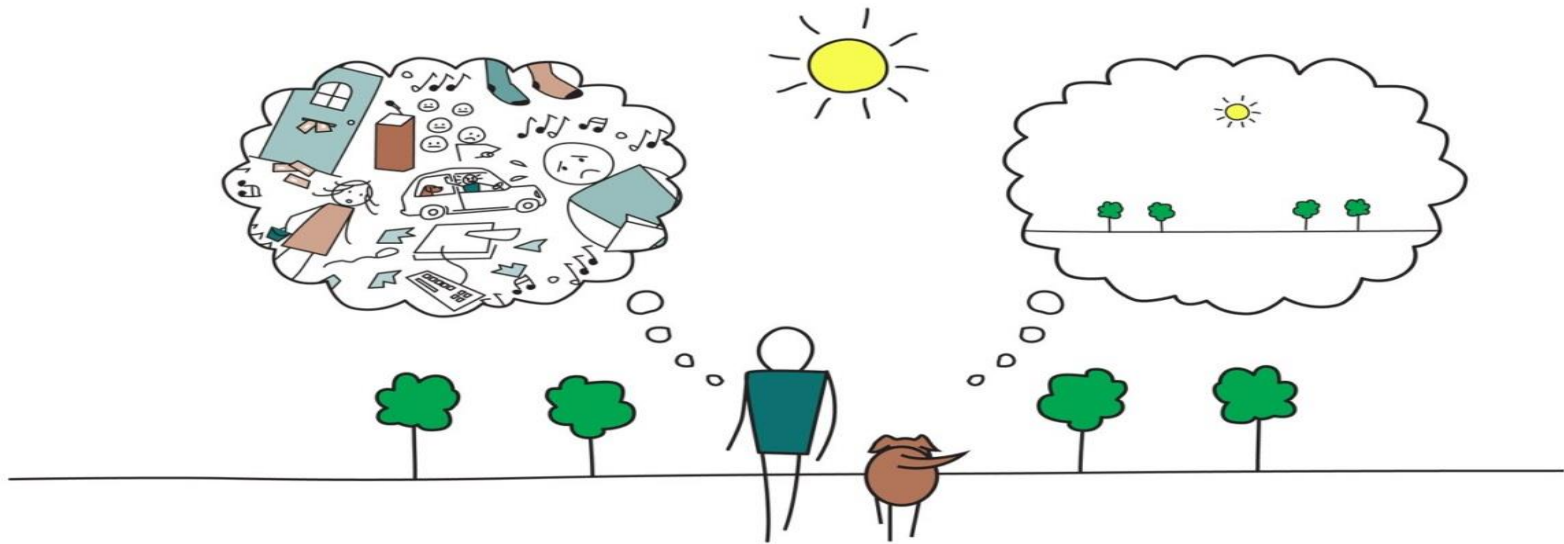
Diaphragmatic or Belly Breathing



Let's breathe....



How do you feel?



Mind Full, or Mindful?



Mindfulness



What is it?

- Mindfulness is a way of training the mind to be present, paying attention to what is happening as it happens, and doing so with an attitude of kindness, acceptance, and non-judgment.

Why is it so popular?

- Our saturated minds in modern society
- Increases in neuroscience evidencing the effects on the brain

Mindfulness can help children...

- notice how they think, feel and react to feelings and events
- notice that thoughts come and go and don't define them
- feel able to choices about how they respond to thoughts and feelings and increase focus and attention







And finally....

THANK YOU

Have a lovely rest of day

