

Anxiety

What is Anxiety?

Anxiety is a normal reaction to danger, the body's automatic fight-or-flight response that is triggered when you feel threatened, under pressure, or are facing a challenging situation.

Important Facts to Remember

Anxiety can impact the lives of children, teens, and adults in the following ways:

- Affect: Emotionally and physically what we feel in our body
- Behaviour: What we do or our actions, such as avoiding or seeking reassurance
- Cognition: Mentally what goes through our mind like worrisome thoughts
- Dependence: Relying on parents. What happens over time is that children and teens depend too much on their parents
- Excess and Extreme: Anxiety is a problem when it is excessive and extreme in relation to the situation
- Functioning: How your child manages each day.

Tips for Supporting a Child with Anxiety in Your Program

- Emotional support: Ensure children feel safe in your care. Validate their feelings and provide them with tools for their toolbox such as labelling emotions and feelings, let them know you understand how they are feeling and ask how you can support.
- Flexibility: Be flexible in your routines and schedules. This might mean some children may need additional time for transition, therefore be patient.
- Routines: Provide them with resources that will give them a heads up on the upcoming routine. This can be done through a first then board or a visual schedule. Depending on their needs, resources and tools will look different. This is a great time to work with your RC to produce the best solution to support children
- Check in: Make sure to check in with the children daily and regularly. This will help them feel safe and give them a sense of security



Resources

- <https://www.anxietycanada.com/>
- <https://kidshealth.org/>
- <https://cmha.ca/>
- <https://www.weareteachers.com/7-ways-to-help-students-who-struggle-with-anxiety/>
- <https://www.heretohelp.bc.ca/helping-anxious-children>
- <https://www.heretohelp.bc.ca/infosheet/strategies-for-children-with-generalized-anxiety-disorder>
- <https://www.understood.org/en/school-learning/partnering-with-childs-school/instructional-strategies/at-a-glance-classroom-accommodations-for-anxiety>
- <https://www.cbc.ca/parents/learning/view/fifteen-librarian-recommended-books-for-kids-dealing-with-anxiety>
- <https://www.iamightygirl.com/blog?p=22612>