

COPING WITH ANXIETIES AND WORRIES RESOURCE LIST

RESOURCES FOR CHILDREN AND ADOLESCENTS

Counselling Directory

Counselling Directory offers a wide range of free resources to help anxious children: <https://www.counselling-directory.org.uk/blog/2017/09/28/new-free-resources-to-help-anxious-children>. These include:

- “Worry Tree” colouring activity: https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Colouring_WorryTree_CounsellingDirectory_HappifulKids.pdf
- Mindful colouring bookmarks: https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/MindfulColouring_Bookmarks_HappifulKids.jpg
- Comic strips: <https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Introducing-Worrypuffs-Comic-1-HappifulKids.jpg>



Health for Kids! Provides young children with simple tips on how to stop feeling worried: <https://www.healthforkids.co.uk/feelings/feeling-worried/>

- Also offers fun games, including “Lanterns”, which helps children to visualise their worries floating away: <https://www.healthforkids.co.uk/game/lanterns/>



Kids Health:

- Information sheets and advice about worries. You can find them here:
 - **Link:** <https://kidshealth.org/en/kids/worry-less.html?WT.ac=ctg#catthought>
 - **Link:** <https://kidshealth.org/en/kids/center/relax-center.html?WT.ac=k-ra#catthought>
- This website also has yoga videos which may help you to relax when worries come up: <https://kidshealth.org/en/kids/yoga-home.html?WT.ac=ctg#catemotion>



Teen Health:

- Information sheets and advice about anxiety. You can find them here
 - **“Anxiety Disorders”** <https://kidshealth.org/en/teens/anxiety.html?WT.ac=ctg#catmental-health>
 - **“5 ways to deal with anxiety”** <https://kidshealth.org/en/teens/anxiety-tips.html?WT.ac=t-ra#catmental-health>
- You can also find information about yoga, meditation and breathing to help you relax when you’re feeling anxious here:

- **Link:** <https://kidshealth.org/en/teens/meditation.html?WT.ac=ctg#catemotions>



GoZen!

- Informational programs (ages 5-15) to teach you some research-based coping, resilience and happiness skills! They have a range of programs for Anxiety, stress, mindfulness, and many more
 - **Link:** <https://gozen.com/allprograms/>

ACTION FOR HAPPINESS

Action for happiness

- 30day coping calendar to help you keep calm, stay wise, and be kind!
 - **Link:** <https://www.actionforhappiness.org/coping-calendar>



Memiah:

- Online PFD about "Worries and Anxiety" for kids which contains easy to read information on what anxiety is, what it looks like, and tips for dealing with it
 - **Link:** <https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Worries-and-anxiety-factsheet-for-kids-Counselling-Directory-and-Happiful-Kids-2.pdf>



Barnardo's

- Guide for young people who are dealing with anxiety which has all types of helpful information for managing it.
 - **Link:** https://www.barnardos.org.uk/blog/what-anxiety?gclid=Cj0KCQjwnv71BRCOARIsAlkxW9F5Ln5wctW3psQtktx2eeMs_1B2mkQOfTGGUyC1JyVlfgKkgCellGwaAgPkeALw_wcB



Stem 4 is a charity that supports teenagers in their mental health.

- Advice here: <https://stem4.org.uk/anxiety/>
- Downloadable resources here: <https://stem4.org.uk/resources/>
- Free app 'Clear Fear' which is designed to help children and young people manage symptoms of anxiety. You can download this from the App Store and Google Play.
 - <https://stem4.org.uk/anxiety/anxiety-steps-to-change/>
- Main website link: <https://www.clearfear.co.uk/>



The Mental Health Foundation

- Free downloadable guide called “How to Manage and Reduce Stress” which provides information and advice on how to prevent and deal with stress.
 - **Link:** <https://www.mentalhealth.org.uk/publications/how-manage-and-reduce-stress>



Anxiety Canada:

- Webpage called “Anxiety in Youth” which contains useful information about what Anxiety is with useful explanatory videos and different webpages with extra information.
- **Link:** <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>



GoZen!

- Creates informational programs (ages 5-15) to teach you some research-based coping, resilience and happiness skills! They have a range of programs for Anxiety, stress, mindfulness, and many more
- **Link:** <https://gozen.com/allprograms/>

YOUNGMINDS

Young Minds has information on various disorders including Anxiety.

- They include general information on the symptoms, the treatment, where to get help and more on their page.
- **Link:** <https://youngminds.org.uk/find-help/conditions/anxiety/>



Every Mind Matters offers information on various mental health problems

- Have dedicated page with information about anxiety, useful tips, videos, and extra resources
- **Link:** https://www.nhs.uk/oneyou/every-mind-matters/anxiety/?WT.tsrc=Search&WT.mc_id=Anxiety&gclid=Cj0KCQjw-_j1BRDkARIsAJcfmTEw2niB6NaHaUZk_Fvx16KHsOs2B7nKqn8qZhFjvTP-nKLC-DPo4ScaAmIdEALw_wcB



Mind had information and support about various anxiety and panic disorders including their symptoms, treatments and useful contacts

- **Link:** <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/anxiety-disorders/>



Royal College of Psychiatrists offers information about worries and anxiety in young people

- **Link:** <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties>



NHS offers self-help guides for various Anxiety difficulties which contain general information on causes and symptoms of anxiety, as well as topics for managing the anxiety and treatment paths.

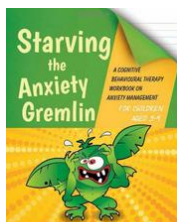
- **General Anxiety:** <https://web.ntw.nhs.uk/selfhelp/leaflets/Anxiety.pdf>
- **Social Anxiety:** <https://web.ntw.nhs.uk/selfhelp/leaflets/Social%20Anxiety.pdf>
- **Stress:** <https://web.ntw.nhs.uk/selfhelp/leaflets/Stress.pdf>
- **Health Anxiety:** <https://web.ntw.nhs.uk/selfhelp/leaflets/Health%20Anxiety.pdf>
- **Obsessions and Compulsions:**
<https://web.ntw.nhs.uk/selfhelp/leaflets/Obsessions%20and%20Compulsions.pdf>



Good Thinking provides digital mental health support for London.

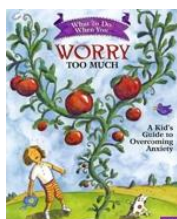
- Includes NHS approved apps, guides, workbooks, podcasts and blogs
- Relating to different mental health difficulties such as low mood, anxiety, sleep, and stress
- Main page: <https://www.good-thinking.uk/>

USEFUL BOOKS FOR CHILDREN



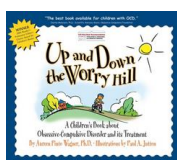
Starving the Anxiety Gremlin (Aged 5-9): A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young people by Kate Collins-Donnelly **What is it about?**

- **What is it about?** Based on cognitive behavioural principles, the workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act getting rid of their Anxiety Gremlins for good!



What to Do When you Worry Too Much: A Kid's Guide to Overcoming Anxiety by David Huebner and Bonnie Matthews

- **What is it about?** interactive self-help book designed to **guide** 6–12 year old's and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized **anxiety**.



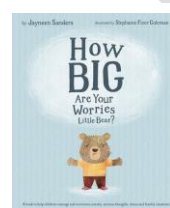
Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and Its Treatment (ages 7-10) by Aureen Punto Wagner –Recommended by Child Mind Institute

- **What is it about?** Describes Behavior **Therapy** for **OCD** in a manner than **children** can comprehend.



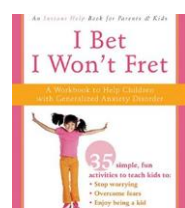
Have No Fear! By Nicole C Kear –Recommended by ChildMind for ages 7-10

- **What is it about?** Seven-Year-Old Veronica wants to help her classmate Maya conquer her fear of bugs.



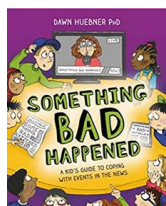
How Big Are Your Worries Little Bear? By Jauneen Sanders – Recommended by ChildMind for ages 6-10

- **What is it about?** Anxious about school, soccer practice, and monsters under his bed, baby bear worried day and night but with the help of his mom he learns to draw out his worries



I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder by Timothy A. Sisemore—recommended by the **Depression and Anxiety Association of America**

- With fun and engaging exercises to help relieve anxiety and worry.



Something Bad Happened: A Kid's Guide to Coping with Events in the News by Dawn Huebner—recommended by the **Depression and Anxiety Association of America**

- **What is it about?** Guides children 6-12 through news of large-scale disasters addressing various questions and feelings of sadness, fear, and confusion.
- Available in Redbridge Libraries:
https://llc.ent.sirsiidynix.net.uk/client/en_GB/redbridge/search/results?qu=9781787750746&te=&lm=REDBRIDGE



Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel
Paperback – 7 Jan. 2014

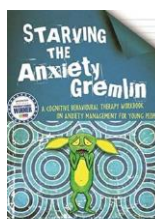
- **What is it about?** Contains simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.



MORE: Therapeutic stories on Anxiety recommended by Little Parachutes:

- **Link:**
<https://www.littleparachutes.com/category/feelings/anxiety/>

USEFUL BOOKS FOR ADOLESCENTS



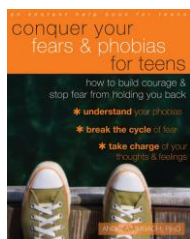
Starving the Anxiety Gremlin: A Cognitive Behavioral Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks) by Kate Collins-Donnelly

- **What is it about?** Aims to help young people understand different types of anxiety and how to manage them



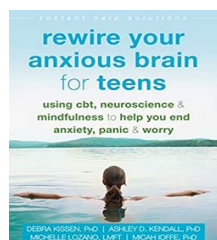
Conquer Negative Thinking for Teens: A Workbook to Break the Thought Habits That Are Holding You Back by Mary Karapetian Alvord and Anne McGrath—Recommended by the **Anxiety and Depression Association of America**

- **What is it about?** Written by licensed psychologists, this book offers a simple and effective cognitive-behavioral approach to deal with the negative thoughts that result from feeling sad, worried, angry and stressed



Conquer your fears and phobias for Teens: How to build courage and stop fear from holding you back—Recommended by the **Anxiety and Depression Association of America**

- **What is it about?** Written by licensed psychologists, this book offers a proven-effective approach to help teens overcome fears/phobias through CBT



Rewire your Anxious Brain for Teens: Using CBT, Neuroscience, and Mindfulness to Help you End Anxiety, Panic, and Worry by Debra Kissen, Ashley Kendall, Michelle Lozano, and Micah Ioffe—**Anxiety and Depression Association of America**

- **What is it about?** Contains tips and tools to use every day to rewire your anxious brain
- Available in Redbridge Libraries:
[https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:\\$002f\\$002fERC_2092_680\\$002f0\\$002fERC_2092_680:OVERDRIVE%3A8b5ebe48-dbd4-4a40-b310-8964b8b4aa78/one?qu=Rewire+your+Anxious+Brain+for+Teens%3A+Using+CBT%2C+Neuroscience%2C+and+Mindfulness+to+Help+you+End+Anxiety%2C+Panic%2C+and+Worry&lm=REDBRIDGE](https://llc.ent.sirsidynix.net.uk/client/en_GB/redbridge/search/detailnonmodal/ent:$002f$002fERC_2092_680$002f0$002fERC_2092_680:OVERDRIVE%3A8b5ebe48-dbd4-4a40-b310-8964b8b4aa78/one?qu=Rewire+your+Anxious+Brain+for+Teens%3A+Using+CBT%2C+Neuroscience%2C+and+Mindfulness+to+Help+you+End+Anxiety%2C+Panic%2C+and+Worry&lm=REDBRIDGE)

USEFUL VIDEOS

Anxiety management for kids by ZingPinMe (for younger children):

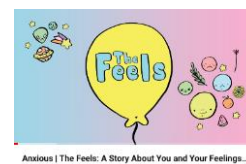
- **Link:** <https://www.youtube.com/watch?v=tBjeO9hpTxQ>



Anxiety management for kids

Anxious | The Feels: A Story About You and Your Feelings | Kids Learn Emotions | UniLand Kids (for younger children):

- **Link:** <https://www.youtube.com/watch?v=tQrWZL0ZMp0>



Anxious | The Feels: A Story About You and Your Feelings...

Anxiety Canada has a webpage with video resources covering anxiety through workshops, presentations, informative clips on nightmares, fear, phobias, OCD and more (for children and adolescents)

- **Link:** <https://www.anxietycanada.com/resources/video-resources/>



Fight Flight Freeze - Anxiety Explained For Teens

Managing Worry and Anxiety for Kids: explains what it means to worry and provides relaxations strategies for managing worried feelings in rapping.

- **Link:** <https://www.youtube.com/watch?v=l7g8Atv27Q8>



Managing Worry and Anxiety for Kids

What you can do for anxiety—a video by Every Mind Matters with Professor Paul Salkovskis, Consultant Clinical Psychologist from University of Oxford

- **Link:** <https://www.nhs.uk/oneyou/every-mind-matters/anxiety/#watch-video>



Managing stress—a video by the BBC

- **Link:** <https://www.youtube.com/watch?v=hnpQrMqDoqE>



Managing Stress - Brainsmart - BBC

MEDITATION AND RELAXATION VIDEOS FOR YOUNGER CHILDREN

Sesame Street: Relax (Word on the Street Podcast) (for younger children):

- **Link:** https://www.youtube.com/watch?v=Cq_eDGKs5MU

Mindfulness Meditation for Kids by New Horizon - Meditation & Sleep Stories:

- **Link:** https://www.youtube.com/watch?v=Bk_qU7l-fcU

Kids Yoga for Anxiety by Cosmic Kids:

- **Link:** <https://www.youtube.com/watch?v=3TZXvhYlMo>

Peace Out Guided Relaxation for Kids, a series of guided relaxations and visualizations for kids, written and voiced by Jaime from Cosmic Kids.:

- **Link:** <https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Kids Yoga & Mindfulness to Wind Down by Cosmic Kids:

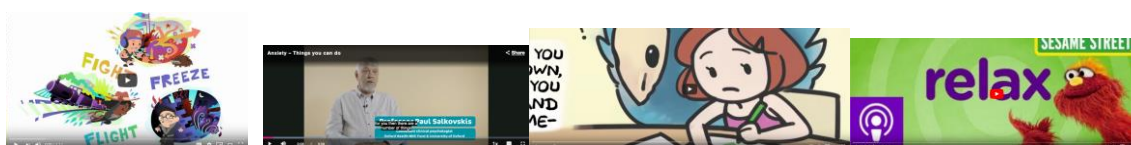
- **Link:** <https://www.youtube.com/watch?v=laDRCHhSTxM>

Be the pond | Cosmic Kids Zen Den: Mindfulness for kids by Cosmic Kids:

- **Link:** <https://www.youtube.com/watch?v=wf5K3pP2IUQ&app=desktop>

Sesame Street: the Count teaches Cookie Monster a calming breathing exercise.

- **Link:** <https://www.youtube.com/watch?v=C6ju2-ljWWhs>



USEFUL APPS AND GAMES



- Breath, Think, Do Sesame app is intended to teach children ages 2-5 years skills including problem solving, self-control, planning, and task persistence.
 - It also includes a “Breathe with the Monster” activity to help children practice taking deep breaths to calm down.



- This is free and available to download on Apple App Store and Google Play.
 - Available in English and Spanish.

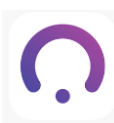
- Healthy Young Minds by the NHS has a list of phone applications that are good for anxiety and are free to use

- **Link:** <https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>



- The Cyber Smile Foundation have a gaming help centre which provides advice about gaming safely including issues like cyberbullying, abuse, and toxic comments from other gamers:

- **Link:** <https://www.cybersmile.org/advice-help/gaming>



- ‘Clear Fear’ is a free app which is designed to help children and young people manage symptoms of anxiety.

- You can download this from the App Store and Google Play.

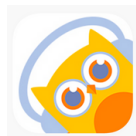
- **Link:** <https://www.clearfear.co.uk/>



- Calm: award winning meditation app to help with sleep, increasing confidence, reducing stress and anxiety



- Contains guided meditations, breathing exercises, relaxing music, sleep stories, masterclasses and many more
- Some features are free but full access costs 7.99/month
- **HeadSpace**: mindfulness/meditation app which helps you train your mind to experience less stress, better sleep, focus and improved relationships
 - Have a “meditate with kids” section that is divided into different age groups (5 and under, 6-8, and 9-12)
 - Also contains 3-min “cool-off” meditations
 - Free 2week trial and then costs 49.99/year



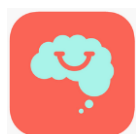
- **DreamyKid**: meditation app for kids with guided visualizations and affirmations
 - Everyday meditations, healing activities, guided journeys, affirmations, issue-based meditations
 - Free to download



- **Stop, Breathe, and Think Kids** offers children a fun and easy way to identify and process their emotions
 - Contains counting breaths, friendly wishes, frog jumps
 - Free to download



- **Breathing Bubbles**: app that helps kids practice releasing worries and helps them focus on good feelings
 - You can choose the emotion you are feeling and how strongly you are feeling it
 - Manny the Manatee walks them through deep breathing and visualization
 - Free to download



- **Smiling Mind**: designed to help people with the pressures, stress, and challenges of daily life
 - Contains sections on Mindfulness for kids aged 7-18
 - Free to download



- **Chill Outz**: collection of fun animated stories teaching children mindfulness techniques to stay relaxed
 - Contains 5 individual stories
 - Costs 4.99 to download



- **MindShift**: CBT app to relieve anxiety
 - Free app for adolescents to gain insight into and basic skills to manage their anxiety symptoms
 - Offers active coping strategies tailored to different types of anxiety disorders
 - Tools include breathing exercises, mental imagery, mindfulness strategies in text and audio formats



- **Breathe2Relax**: simple, intuitive, app designed by the National Centre for Telehealth and Technology to teach breathing techniques to manage stress
 - Can be personalized to a pace that is relaxing for you
 - Includes videos, reading materials, and charts to map personal progress
 - Free



- **Live OCD Free**: interactive app designed to guide users through the evidence-based treatment, Exposure and Response Prevention (ERP) for COD
 - Provides a cognitive toolkit, ERP reminders and guide
 - Free



- **Panic Relief**: targeted to help individuals with panic disorder
 - Provides empirically supported coping tools to manage and move through panic attacks (Free but you can upgrade for a small price)

RESOURCES FOR PARENTS, GUARDIANS, AND CARERS



Stem 4 are a charity supporting teenagers with their mental health.

- Advice for parents here: <https://stem4.org.uk/anxiety/anxiety-for-parents-carers/>
- They also have an app called Combined Minds for those supporting a young person with their mental health. This is free and available to download on Apple App Store and Google Play.
 - **Link:** <https://combinedminds.co.uk/>



Child Mind Institute provide a helpful guide teaching parents how to learn the signs and symptoms of different anxiety disorders, and how they are treated

- **Link:** <https://childmind.org/guide/anxiety-basics/>



Royal College of Psychiatrists

- Webpage that describes the different types of anxiety that children can experience, and some of the reasons behind these: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>



NHS informs

- Factsheet on anxiety disorders in children: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/anxiety-disorders-in-children>



Kids Health

- Factsheets about supporting your child or young person with anxiety and worry:
 - **Link:** <https://kidshealth.org/en/parents/anxiety-disorders.html?WT.ac=ctg#catfeelings>
 - **Link:** <https://kidshealth.org/en/parents/worrying.html?WT.ac=p-ra#catfeelings>
- Accessibility & language: You can listen to the information and increase the size of the text on the page. Information sheets can be printed. Also available in Spanish.

YOUNGmINDS

YoungMinds provide mental health support and help young people to develop resilience to overcome life's difficulties.

- Offer tips for parents on how to help their children with anxiety:
 - **Link:** <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>
- They also provide a helpful Parents Support Guide specifically on anxiety, available for download here
 - **Link:** <https://youngminds.org.uk/media/3673/anxiety-updated-dec-2019.pdf>
- Parents helpline: **0808 802 5544** Mon-Fri 9:30am to 4pm
- Parents Lounge: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>
- Facebook Live Q&As (full sessions are available on YouTube)
 - **Link:** <https://www.facebook.com/youngmindsuk>
- Advice about setting up support groups for parents
 - **Link:** <https://youngminds.org.uk/find-help/for-parents/how-to-set-up-your-own-parents-support-group/>



Action for Children

- Helpful introduction to anxiety in children and young people, including common signs and examples of strategies for managing anxiety as parents
 - **Link:** <https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/children-s-anxiety/>

ONLINE COURSES



FutureLearn | University of Reading

- A free and informative course specifically designed for parents of children and young people experiencing anxiety due to COVID-19
- Topics include: anxiety and its causes, importance of support, spotting symptoms and guidance for parents.
- Course lasts 2 weeks and is available through the following link:
<https://www.futurelearn.com/courses/youth-mental-health-during-covid-19>



Anxiety Canada offers an anxiety management program based on CBT called “My Anxiety Plan (MAP)”

- MAP helps parents and carers coach anxious children or teens using practical strategies and tools to manage anxiety and includes 6 units with 46 lessons.

- It is a free program and you just need to sign up and make an account.
- **For more information please visit** <https://maps.anxietycanada.com/courses/child-map/>

USEFUL BOOKLETS AND FACTSHEETS

- The Anxious Child: A booklet published by the **Mental Health Foundation** for parents and carers wanting to know more about anxiety in children and young people:
 - **Link:** https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf
- Kids Have Stress Too!: Ideas, Tips and Strategies for Parents of Preschoolers, published by **The Psychology Foundation of Canada**:
 - **Link:** <https://www.rcdhu.com/wp-content/uploads/2019/12/KHST-Tips-and-Strategies-Brochure.pdf>
- Children and Young People with Anxiety: A Guide for Parents and Carers, published by **Anxiety UK**:
 - **Link:** https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf
- 7 ways to support children and young people who are worried, published by **Anna Freud Centre**:
 - **Link:** <https://www.annafreud.org/media/11453/7waysanxiety.pdf>
- Anxiety in children: Factsheet for parents, published by **Counselling Directory**:
 - **Link:** <https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Parents-Factsheet-Anxiety-in-children-6.pdf>
- Successfully Managing Anxiety: Information for parents and carers, published by **South Gloucestershire Council**:
 - **Link:** <https://cchp.nhs.uk/sites/default/files/attachments/Managing%20anxiety.%20Information%20for%20parents%20%26%20carers.pdf>
- Anxiety Disorders in Children, published by **Anxiety Disorders Association of America**:
 - **Link:** <https://adaa.org/sites/default/files/Anxiety%20Disorders%20in%20Children.pdf>
- Recognising Anxiety Disorders in Children, published by **Nip in the Bud**:
 - **Link:** <https://nipinthebud.org/wp-content/uploads/2017/11/NITB-RecognisingAnxietyFactSheet.pdf>

USEFUL BOOKS AND WORKBOOKS

- Helping Your Child with Fears and Worries (2nd Edition): A self-help guide for parents, by Cathy Creswell & Lucy Willetts
- The following books are **recommended by the Anxiety and Depression Association of America**:
 - I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder, by T.A. Sisemore
 - Anxiety-Free Kids: An Interactive Guide for Parents and Children, by Bonnie Zucker
 - Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children, by Reid Wilson and Lynn Lyons

- Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy, by Christopher McCurry
- The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind, by Tina Payne Bryson and Daniel Siegel

USEFUL VIDEOS AND PODCASTS

- **Link to the Anxiety and Depression Association of America recommended booklist:**

<https://adaa.org/adaa-books/children-teens>



Videos:

- Anxiety in Children: **nip in the Bud**:
 - **Link:** https://www.youtube.com/watch?v=uwZ3OjVhTEk&feature=emb_title
- Anxiety and Me: Real Life Child Mental Health Experiences: **Nip in the Bud**:
 - **Link:** https://www.youtube.com/watch?v=qNZBxrkuEY&feature=emb_title
- How Parents Can Help With Child Anxiety: **UCLA Center for Child Anxiety Resilience Education and Support (CARES) Center**:
 - **Link:** <https://www.youtube.com/watch?v=sRwaqD-BnHM>
- Helping Anxious Kids: Practical Tips: **Anxiety Disorders Association Manitoba**:
 - **Link:** <https://www.youtube.com/watch?v=ri1CKtfyEuE>
- Dan Siegel: Name it to tame it: <https://www.youtube.com/watch?v=ZcDLzppD4Jc&t=133s>
 - Dan Siegel, clinical professor of psychiatry at the UCLA School of Medicine and Executive Director of the Mindsight Institute, explains the brain-science basics and the two simple steps to calm a child who is experiencing intense emotions

Podcasts:

- In Conversation...Anxiety: **The Association for Child and Adolescent Mental Health**. Professor Cathy Creswell, Professor of Clinical Psychology, University of Oxford, discusses anxiety and 'Emerging Minds' – action for child mental health, with freelance journalist Jo Carlowe. She discusses some of the issues surrounding anxiety in children, the latest research and developments, and the different treatments available.
 - **Link:** <https://soundcloud.com/user-664361280/in-conversation-anxiety>

RESOURCES FOR SCHOOLS



Stem 4 is a charity that supports teenagers in their mental health.

- They work in partnership with secondary schools and provide support and resources:
- **Link:** <https://stem4.org.uk/schools/>
- **Link:** <https://stem4.org.uk/resources/>



Anna Freud
National Centre for
Children and Families

Mentally Healthy Schools

- Provides teachers with helpful information about anxiety, including spotting the signs of anxiety in children, common anxiety disorders in children, top tips, and what schools can do
 - **Link:** <https://www.mentallyhealthyschools.org.uk/mental-health-needs/anxiety/>
- They also offer a wide range of resources for teachers, which can be accessed here:
 - **Link to access:** <https://www.mentallyhealthyschools.org.uk/resources/>
 - These include:
 - A 5-minute mindfulness exercise for 5-9 year olds:
<https://www.mentallyhealthyschools.org.uk/resources/10-step-guide-to-mindful-listening/>
 - An “anxiety thermometer”:
<https://www.mentallyhealthyschools.org.uk/resources/anxiety-thermometer/>
 - “Relax Like a Cat” relaxation exercise:
<https://www.mentallyhealthyschools.org.uk/resources/relax-like-a-cat-relaxation-exercise/>



MindEd is a free educational e-learning resource for professionals on children and young people’s mental health. The following sessions are intended to help teachers and schools better understand how anxiety affects children:

- The worried child (describes anxiety and worry in young people and discusses how to react to them)
 - **Link:** <https://www.minded.org.uk/Component/Details/445673>
- Anxiety disorders (describes how common anxiety disorders present in young people, and how to assess and treat them):
 - **Link:** <https://www.minded.org.uk/Component/Details/447948>



PSHE Association

- 18 lesson plans and resources on Mental Health and Emotional Wellbeing for key stages 1 to 4, designed to be used in conjunction with the Teacher Guidance
 - Available for download here: <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and->
 - Topics include teaching children how to describe emotions, discuss their anxieties and worries, and develop coping strategies.
 - Lessons aimed at key stages 3 and 4 also cover eating disorders, self-harm and depression and anxiety.



Kids Health

- Factsheet about what teachers should know and what they can do to support students with anxiety: <https://kidshealth.org/en/parents/anxiety-factsheet.html>
- Accessibility & language: You can listen to the information and increase the size of the text on the page. Information sheets can be printed. Also available in Spanish.



South Gloucestershire Council offer a wide range of worksheets, activities, and other classroom resources for teachers to use

- All available for download here: <https://www.southglos.gov.uk/documents/Classroom-Resources.pdf>.



Child Mind Institute provide a useful guide for teachers in which they outline common types of anxiety in children, and explain what symptoms of anxiety might look like in the classroom

- **Link**: <https://childmind.org/guide/a-teachers-guide-to-anxiety-in-the-classroom/>

USEFUL BOOKLETS AND FACTSHEETS

- Anxiety in children: Factsheet for teachers by **Counselling Directory**
 - **Link**: <https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/09/Anxiety-in-children-factsheet-for-teachers-Counselling-Directory-and-Happiful-Kids-3.pdf>

USEFUL VIDEOS

- Anxiety: A video by Dr. Peter Fuggle, Clinical Psychologist and Director of Clinical and Service Improvement at the **Anna Freud National Centre** discusses how school staff can support pupils who may be dealing with anxiety
 - **Link**: <https://www.youtube.com/watch?v=H9UaMZ3hLAU>