

# ANXIETY

## *A Parent's Guide*

THE SANDBOX BY CEREBRAL



# WHAT IS ANXIETY?

“

A FEELING OF WORRY  
OR UNEASE THAT  
CAN BE  
GENERALISED OR  
SPECIFIC.

easily irritated

a loss of appetite

easily  
fatigued

heart  
beat faster

like  
hiding away



# ANXIETY

## CAN MAKE YOUR CHILD FEEL...

unable  
to sleep

lightheaded  
& dizzy

butterflies  
in their tummy



# TYPES OF ANXIETY

## Generalised Anxiety

Generalized anxiety is differentiated by feeling anxious about a wide variety of things as opposed to just specific ones. It can also be characterised by a continuous feeling of anxiety, even when stressors are not present.

## Specific Anxiety

Specific anxiety is just that- when something specific causes one to be stressed, you're feeling specific anxiety. While this one might feel "normal" compared to generalised anxiety, the truth is that both are very common!

**What can I  
do to help?**



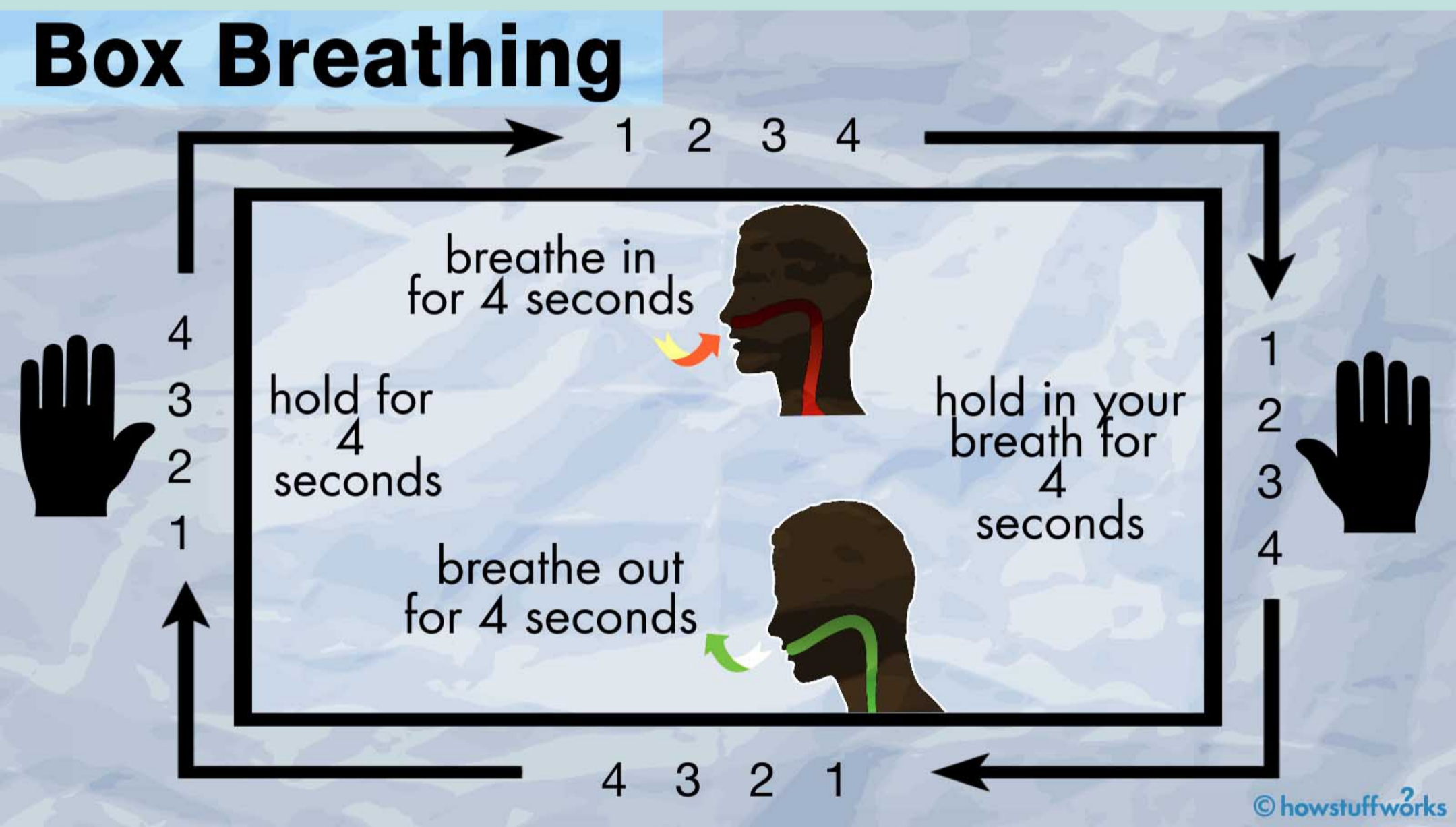
**Parents can help in lots of different ways! In many cases, simply being there for your child can be enough. However, there may be times when simply listening is not enough. In these cases, there are some different techniques and exercises that you can deploy to help get your child back on the right track.**

**It is important to remember that empathy is key when supporting a child through anxiety.**

# BOX BREATHING

Box breathing is a technique that gets your child to slow their breathing and focus on it:

Instruct your child to follow the diagram above while drawing a box in their mind, or tracing one with their finger.



# DISTRACTION TECHNIQUE

Distraction exercises are simple. You are just trying to get your child's mind off of whatever's bothering them by engaging them intellectually.

Try asking your child to name four things that are **red**

How about three things that are **blue**?

Maybe instead, it works best for your child to name five things they can see, four things they can touch, three things they can hear, two things they can taste and one thing they can smell.

