



mentally
RISE EVERY DAY ^ STRONGER

Don't over think it!

What is anxiety:

Anxiety is a feeling of unease, such as worry or fear – it's an understandable reaction in **children** to change or a stressful event. But for some **children**, **anxiety** affects their behaviour and thoughts on a daily basis, interfering with their school, home and social life

Here is a video explaining what anxiety is

https://www.youtube.com/watch?v=FfSbWc3O_5M

Types of anxiety:

Generalised anxiety disorder (GAD) is when an individual has been anxious or worrying about a range of things for a period of over 6 months.

Social Anxiety is when an individual has an irrational fear of being criticized or humiliated in everyday situations, such as when eating in public, making small talk or being seen.



Events here at PBC

- Wednesday 3 March 6pm – parent information session **Starting conversations about mental wellbeing**. See the school facebook page for information or RSVP to events@pbc-shs.eq.edu.au
- PBC's CARE program incorporates a range of information and strategies to enable building mental wellbeing.

What can we do to help at PBC?

- We have guidance officers, counsellors, deans, support services available to support you and your child in regards to mental wellbeing and mental fitness. Please call the school or arrange an appointment.

Symptoms of anxiety:

These are some of the symptoms of anxiety that your children may face, some of these symptoms are sometimes not all that obvious as they develop slowly overtime. they include physical, psychological and behavioural:

Physical

- Panic attacks, hot and cold flushes, racing heart, being distant, not talkative, not sleeping, not eating, fidgeting.

Psychological

- Obsessive thinking, excessive fear and worry.

Behavioural

- Avoidance of situations that make you feel anxious which can impact on work and/ or social life, avoiding school.

Helping anxious kids – Practical tips

CONVERSATION STARTERS:

Here are some conversational starters to share around the dinner table with you child/ children

- "how was your day"
- "I've been noticing...."
- "what was good/ bad about your day"
- "what are you stressed about"
- "what could you improve on"
- "what was 5 things you liked about your day today"