

# Is your child or teen suffering from anxiety?

Children and young people have had to cope with significant change at school and in their social lives over the past year and they may be struggling. Try these practical tips to help when your child is feeling anxious or worried. Every child and situation is different and you know them best so pick one you think might work with them. If a child or young person is especially distressed **just focus on keeping them safe.**

There's lots of support and help available for parents and for children and young people at ([www.justonenorfolk.nhs.uk/schoolworries](http://www.justonenorfolk.nhs.uk/schoolworries)). There are also free webinar courses for parents on helping children manage anxiety, visit **Family learning courses - Norfolk County Council**, email [adultlearning@norfolk.gov.uk](mailto:adultlearning@norfolk.gov.uk) or call 0344 800 8020 option 5.

## Practical quick tips to help manage anxiety in children and young people

**1. Give them space**  
- sometimes trying to do anything can make them more anxious, they may need space to calm down

**2. 7/11 Breathing**  
- breath in through your nose for 7 and out through your mouth for 11 seconds



**3. Hug them tightly, or ask them to self-hug**



**4. Push your palms together, hold tight, release and then repeat or squeeze your fists together as tight as possible and then relax**

**5. Validate their feelings**  
- It is ok not to feel ok



**6. Have a drink or snack**  
(cold water is good)



**7. Give them positive attention**

**8. 5 – 4 – 3 – 2 – 1 Challenge.**  
Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.



**9. Squeeze a stress ball/ fidget toy/ play dough**



**10. Describe your own feelings and model or talk about what works for you**

