



Family Mental Health Bulletin



20 August 2020

The focus for this third bulletin is:

Dealing with Anxiety

The return to school may cause anxiety for your son/daughter as they reflect on the last 5 months having been at home and out of the school environment.

What is anxiety?

Anxiety is the most common emotion we experience and the most common form of disorder in adolescence and in adult years. At some stage in life, everyone will feel anxious, most commonly when faced with difficult or new situations. Everyone can relate to symptoms of anxiety or fear and experience symptoms such as sweating, heart beating faster, butterflies in the stomach and dry mouth.

What you can do to ease their anxiety?

The key thing is to talk about how your son/daughter is feeling about returning to school and how it may look in September with year bubbles and a change to the day with new timings.

- Leave ample time to discuss the issues as being rushed makes anxiety worse
- Having a task to focus on whilst you talk may help an anxious adolescent to feel calmer. Rather than asking them why they are anxious, find out what might trigger their anxiety. Be prepared for them not to know
- Anxious adolescents require lots of reassurance and it is a balance to provide them with the right amount
- Anxiety can make us fear the worst, so patience and tolerance is very helpful. If your son/daughter thinks you might be cross, they will become more anxious. Reassuring them that anxiety can be resolved and getting them involved in seeking help with you is a helpful way forward

What the new day will look like

Lesson 1 – 08:50 – 09:50

Lesson 2 – 09:50 – 10:50

Break – 10:50 – 11:05

Lesson 3 – 11:05 – 12:05

Lesson 4 – 12:05 – 13:05

Lunch – 13:05 -14:05 [30 minutes for lunch and 30 minutes tutor time]

Lesson 5 – 14:05 -15:05 [buses leave 15:15]

There will be no morning tutor time students go straight to Lesson 1 where the class teacher will register them for roll call. On the first day students will be with their tutor for the first two lessons to get all the information about timetables, year bubbles, changes to the day and to answer questions.

Support Links:

A range of advice is available for parents that you can go look at if you have concerns about your son/daughter:

- **Young Minds Parents Helpline** – 0808-802-5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
- **Young Minds Parent Lounge** – video talking about how to help your child with anxiety
- Web link for both of these is <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>
- **Anxiety UK** is a national charity with local services all over the UK. The website includes resources for parents concerned about their child's anxiety <https://www.anxietyuk.org.uk/get-help/support-for-children-young-people/>

Remember:

The small things you do make all the difference: [Young Minds]