Happy Minds

Don't worry; Be Happy.

'Worrying is like sitting in a rocking chair. It gives you something to do, but it doesn't get you anywhere'. English Proverb.

From time to time we all experience worries and it is important that we recognise that this is normal. When we worry we can sometimes experience physical symptoms such as butterflies in our stomachs, wobbly knees/legs, feel hot or sick or breathless. These are all normal but there are a number of strategies which we can do to ensure that we manage these feelings correctly and return quickly to our usual selves.

Top tips for managing worries:

- If you're worrying about a task you need to do, try not to procrastinate, if you can do it straight away – do it!
- Try doing something which you enjoy and will take your mind off your worry. Listen to some music, read a book, do some colouring or watch your favourite film.
- Talk to a trusted adult about your feelings.
- Breathe slowly and deeply. In for five seconds and then out; gradually increase the number of seconds.
- Think about five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.
- Often our worries turn out O.K. In reality, there are few things which can't be solved with a bit of time and effort.

No worries

What can parents do?

- Talk to your daughter about her worries and feelings and help her work through the problems rationally.
- Support her in using some of the strategies described for managing worries and keep a log of these if they begin to happen more regularly.
- Ensure your daughter has healthy eating, sleeping and online habits.
- Encourage her to try some of the mindful strategies suggested on the other help sheet.
- Contact your GP if you are concerned about your daughters worries.

Helpful Books/Useful Websites:

'Don't Worry, Be Happy: A Child's Guide to Dealing with Feeling Anxious' by Poppy O'Neill.

'No Worries! Mindful Kids' by Dr. Sharie Coombes.

'Children's Worry Book' by CreateSpace Independent Publishing

https://www.youngminds.org.uk/parent/a-z-guide/anxiety/

https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf

https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/

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YOUNGMiNDS fighting for young people's mental health

ChildLine 0800 1111

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