

## ***Tips to Ease Anxiety – for you and your child!***



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# ***10 Tips to Ease Anxiety – for you and your child!***

Are you fed up with anxiety stealing your happiness?  
Are you overthinking and becoming overwhelmed?

Anxiety is something everyone experiences at times and feeling anxious is a perfectly natural reaction to some situations. Yet sometimes feelings of anxiety can be constant, overwhelming, or out of proportion to the situation and this can affect your daily life.

Knowing how to handle anxiety properly will help you reduce stress levels and cope with the challenges of everyday life better. After all, life's too short to be anything but happy, right?

The good news is there are plenty of things you can do to help deal with anxiety. We have specific tips and tools to help you look after your mental health and wellbeing.

## **Before we move on to the techniques, let us understand anxiety better**

Anxiety is one of the most common mental health issues people experience, so if you struggle with it... it is important to know you are not alone.

We all experience anxiety at some level in our lives. A feeling of unease in stressed situations, worrying about doing something, or low-level fears are types of anxiety that can be part of everyday life (thinking how to cope with changing children, speaking front of a group of people ie presentation or job interview). However, for some, those anxious feelings are harder to control and can develop into episodes of anxiety.

Now here is the science bit: When an episode occurs our bodies release stress hormones such as adrenaline and cortisol. Once they are released, we start to worry, our levels of fear start to rise, and we feel like there may be no escape. Alongside what goes through our mind during an episode, we may also experience physical symptoms, including:

- Fast heart rate
- Breathlessness
- Sweating
- Stomach pains and muscle tension
- Feeling sick
- Excessive tiredness or Insomnia

Many parents are dealing with their children's anxiety and find it less easy to know what to do....Anxiety in children often results in irrational thoughts which can also lead to physical symptoms such as stomach aches, a racing heart, or even sweating. Usually, by the time the child starts having the physical symptoms, they do not even realize which thought they had that caused these symptoms. Children who suffer from anxiety often have frightening thoughts about the most common things; they feel inadequate, nervous, and often depressed.

With both physical and mental health symptoms developing, episodes of anxiety can influence the way we live our lives. Luckily, we have a few tips, suggestions, and tools that should help to minimize the impact anxiety can have.

## Let's look at the **TIPS** to Ease your anxiety:

### **1. Turn your irrational thoughts into powerful ones**

**Anchor thought** – Change your thinking about your fear or worried thought and anchor a positive state (emotion). Remember a specific time when you were felt excited or happy, visualize that picture in your mind, count backward from 54321 – feel the excitement of the positive outcome, and if there were any sounds with the picture put the volume higher. As you do this exercise, squeeze your earlobe, and repeat the exercise 3 times for the anchor to be installed.

### **2. Journal your thought patterns**

Start journaling your thoughts that are making you anxious. Through writing down your emotions, you can make it less frightening and get it out of your head.

Focus your attention on what you want – imagine a time when you felt really confident and positive. You should choose what to focus on: Having identified whether these thoughts are positive or negative, we should opt to place emphasis on the supportive thoughts rather than the disruptive ones.

Write or record a journal of your thought pattern over a week and analyse to find evidence of your inner anxious dialogue (self-talk). This will give you more of an awareness of your thought patterns and if you take recognition of this inner negative dialogue occurring, you will have the opportunity to change to positive self-talk.

### **3. Superhero – Switch your power on**

We all have a superhero inside of us, yet we allow the villain of our anxiety to take away our joy and excitement. We must learn how to switch on the power of the superhero to get rid of the villain or the bully, so we can be free to live a happier life.

Challenge your inner villain, fight back by not listening to your negative voice and become the superhero who has all the superpowers to beat the villain – **Switch on your power!**

Imagine your favourite superhero or someone you admire, role model their characteristics such as confidence, strength, courageous and many more...

Can you remember a time when you were really confident or powerful? Can you remember a specific time?

As you go back to that time now, go right back to that time, float down into your body and see what you saw, hear what you heard, and really feel the feelings of being totally confident or use any superpower that will help you to feel like a superhero.

Here is a chart below to give you the opposites of your villain (Bully) thought...and the option to change them to superhero thought patterns.

Villain Thoughts	Superhero Thoughts
Fearful of the future events, situations, and people	Powerful – Strong, curious, courageous, responsible, and resourceful
Anxious – Worried, Scary, Depressed	Confident, Calmness, relaxed, peaceful - happiness
Self-sabotage mind	Can do anything attitude, with an empowering mind
Danger	Safe, Secure – free

You can use the table above to do this exercise: using the opposite experiences of your emotions...Danger being the unpleasant emotion – Safe being the positive emotion...

Do this now. Think of an unpleasant state (feeling) that you sometimes slip into. . . . Then think of its opposite, a positive state (feeling) that you would like to have in its place. . . .

Then use this word to describe the things around you, either internally, or out loud. Continue to do this for several minutes, and notice how it changes your response.

#### 4. Talk it out – speak their language

When dealing with anxiety it is so important to talk about it as it helps us get it out of our head, which allows us to release stress and fear. It is crucial we encourage children to talk to us so they can tell us what they are feeling or thinking, which will help decrease their anxious thoughts.

Empowering Communication will help your child’s anxiety levels decrease - Being open to talking about all kinds of feelings, including anger, joy, frustration, fear, and anxiety. This will encourage your child to develop ‘feelings of vocabulary’. For example, Today I am feeling angry. Communicating about feeling angry is different from becoming angry, though, learning the difference is an important step for a child learning to communicate.

To create a good connection with your child you can focus on their body language and tone as well as words

1. Listen to understand, not to reply – this means when someone is talking, just learn to listen.
2. When talking give your full attention (no distraction) and eye contact.
3. Mirror and matching your child, this means using the same facial expression or tone of voice as your child. It can show him that you are trying to understand his feelings. For example, if your child smiles at you, smile back. If he is sad, nod your head and look a bit sad yourself.
4. You can match the way your child speaks, by matching what their tone of voice (pitch or frequency) and words say to gain instant rapport.

This technique will create excellent rapport for you and your child, so your child would be more open to talk to you about their anxiety or fears...which will give you a picture of how you can help them.

## 5. Physical Movement

When you exercise, your body releases chemicals called endorphins. These endorphins connect with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, which helps to reduce stress and anxiety.

In mental health research it is proven that Individuals who exercise regularly show lower levels of anxiety, shyness, loneliness, and hopelessness than their less-active peers.

Moderate, regular exercise has a positive impact on mood, vigor, psychological well-being, creativity, and self-esteem in all age groups.

**What is the best exercise for you? It is the exercise you enjoy the most!** Walking, jogging, riding a bike, joining an exercise club or gym, taking up yoga — the choices are almost limitless and can be adapted to anything you like doing.

One thing is sure—exercise is awesome for the brain, as well as the body—and daily doses will boost your mood, improve your memory, and build your brain. Remember: motion balances emotion, so when you are moody—get up get dressed and get moving—for excellent health and wellbeing!

## 6. The Power of Breath

Breath work to realise anxiety – Pranayama exercise, this technique helps you focus on your inner breath and realise anything negative that your body is holding onto.

**Have a go to reduce your anxiety by doing these basic tips of pranayama exercise.**

1. Find a place where you can sit comfortably with a straight spine. (option to close your eyes).
2. Take a steady breath in through both nostrils.
3. Inhale (breath in) until you reach your lung capacity; maintain a tall spine.
4. Hold your breath for a second, then constrict some of the breath at the back of your throat, as if you were about to whisper a secret, and exhale (breath out) slowly through both nostrils. – you should feel the air on the roof of your mouth as you exhale. Repeat up to 15-20 times.

Time and time again, I've seen simple pranayama practices reduce stress and anxiety; promote restful sleep; ease pain; increase attention and focus; and, on a more subtle level, help people connect to a calm, quiet place within so that they experience greater clarity and well-being on every level.

**TIP:** Pranayama should be done every day to gain massive impact!

## 7. Meditation

Meditation can be an excellent technique to relax a distracted mind and give you a sense of calm and peace. If our mind is peaceful, we will be free from worries and anxiety or mental discomfort and so we will experience true happiness and relaxation. Yet if our mind is not peaceful, we will find it less easy to be happy and relaxed even if we are living in the absolute best conditions.

Meditating daily can make you aware of how your mind works to keep you involved in small, petty things around. It can also help you not worry too much or get anxious of the unknown future.

Basic Meditation tips to follow to reduce anxiety

1. First, find a comfortable place where you can sit without distractions for at least 10-15 minutes.
2. Start by sitting in a comfortable position with a straight spine without back support, if physically possible. (Indoor or outdoor)
3. Keeping your eyes close to minimise any distraction and focus within.
4. You can focus your attention on your breath and breathing rhythm – Breathe in and out. Just watch the movement of your in and out breaths.
5. You can repeat an \*affirmation (a positive statement about yourself and life, which you believe to be true). If you use an affirmation, you should feel what it means to you.
6. You can focus on your heartbeat.
7. You can use any other method with which you feel comfortable.

\*Affirmations are a modern version of what are termed “mantras” in the East. They are truthful, positive statements that are highly effective if you flow positive feelings while you use them. If you are just repeating them unconsciously, however, not much will change. When you simultaneously feel what you are affirming, you bring the experience of your affirmation into your experience in the moment, and with consistent practice, effortlessly into your life.

**Tips:** If you notice your mind is thinking, that is okay, just bring your focus back to your technique. Alternatively, you can use meditation music that you can focus your attention on as well as your breath, When you have completed meditating, it is a good idea to give yourself a few minutes to acclimate slowly back into the activities of your day.

## **8. Relaxation techniques.**

There are a range of relaxation techniques that can be effective for managing anxiety. These include deep breathing techniques, progressive muscle relaxation, mindfulness, and others. You might be trained by a health professional to practice one of these, or research material so you can train yourself.

## **9. Be Present – Pause.**

Use your Pause button to be aware of the present moment...Pause what you are doing and put your awareness in the here and now of life.

### **The Pause Technique**

Count down in two's backwards from 10...10,8,6,4,2, Zero – Pause be present now. “Take a few minutes and put your attention and awareness in the present moment,” Notice the chair beneath your legs and how it feels with your feet on the ground. Awareness of sounds you can hear from your surrounding like birds singing, music playing or just silence. Enjoy the texture and taste of each bite of food.

When you spend time in the moment and focus on your senses, you should feel less anxious.

Anxiety often means living way too far in the future – and the Pause technique may help you learn how to live in the present moment.

## 10. Find your happy place...self-care

Take responsibility of your happiness and make it happen, by take control of your inner state/emotions you can make these changes, because the person who knows you best is yourself.

Mighty Monday Technique - At the beginning of the week make a list of at least five mighty things that will make you feel good about yourself and ensure that you achieve the list by the end of the week.

Some example of self-care.

Walk in nature

Share some laughs with old friends

Read a favourite book/s or watch a movie

Get active, play games

Be Creative – create vision board or paintings

Surround yourself with positive people

Travel to someplace new, wellness to be a goal

Explore new opportunity that you would not think about- example going horse ride

**SELF-CARE Acronym Technique** – Think of your own self-care acronym, by using positive words for each letter and write down what action you can take every day for positive outcomes. For example: S for sensory or senses – that would mean being aware of your senses i.e. what you feel, hear, smell and taste each day. An example of this could be, when you are having conversation with someone how are you feeling, awareness of your emotions, which will help you practice being in control of your emotions at any given time.

Here are some missing letters for you can fill out for your own SELFCARE acronym....

S – Senses, Smile...superhero me

E –

L –

F –

C –

A – Activities...riding bike, running or play tennis etc.

R –

E –

I hoped you found these techniques helpful and if you want learn more about NLP techniques, Please get touch with us at [info@bempowered.co.uk](mailto:info@bempowered.co.uk)