

## Event: Helping your child cope with anxiety and worry

11<sup>th</sup> May 2021

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**Dear Participant,**

Thank you very much for taking part in this event.

As promised, please see below some resources mentioned in the event, which we hope are helpful. Please let us know if you have any suggestions of further events that you think may be helpful and/or of any suggestions to improve this event.

Thank you!

*Kind regards,*

Dr Dora Bernardes & Dr Debora Vasconcelos e Sa

### **Resources:**

#### Videos about mindful breathing:

- "Leaves on a stream" exercise - <https://www.youtube.com/watch?v=r1C8hwj5LXw>
- "Dropping the anchor" exercise - <https://www.youtube.com/watch?v=xDm2c5FDLNI>

#### Videos about challenging thoughts:

- "It is ok to be with all your experiences" - <https://www.youtube.com/watch?v=jaNAwy3Xsfl>
- "You are not your thoughts" - <https://www.youtube.com/watch?v=0QXmmP4psbA>

#### Videos about grounding:

- "Take root and anchor yourself" - <https://www.youtube.com/watch?v=lGByhBb7s4s>

Booklet from the Mental health foundation on activities to improve well-being whilst connecting with nature:

- <https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>

Individual anxiety management plans:

- Creswell, C. & Willetts, L. (2019). Helping your child with fears and worries: A self-help guide for parents. London: Robinson.

#### Strengths' Spotting:

- Link to the VIA Classification of 24 Character Strengths (VIA, 2015) - <https://www.viacharacter.org/character-strengths>

#### Sources of support:

- GP or NHS 111 – 24-hour helpline (call 111)
- Samaritans 116 123 24-hour helpline ([www.samaritans.org](http://www.samaritans.org))
- Mind – 03001233393 ([www.mind.org.uk](http://www.mind.org.uk))
- Young Minds -08088025544 ([www.youngminds.org.uk](http://www.youngminds.org.uk))
- Anxiety care UK (<http://anxietycare.org.uk/>)
- Carers trust ( <https://carers.org/>)
- Carers UK (<https://www.carersuk.org/>)
- Mental Health Foundation, UK: <https://www.mentalhealth.org.uk>