

Mindful Moment Volume 2



Anxiety & Kids

Everyone has anxiety or, at the very least, some level of anxiousness. Anxiety is a normal reaction to stress or danger such as visiting the dentist or writing a test. When experiencing stress or danger, anxiety triggers our body's natural 'fight, flight or freeze' reflex. In fact, it can help keep us safe when there is danger.

For example, if we saw a tyrannosaurus rex walking down the street in Port Blandford, anxiety would tell us to RUN!!! Therefore, keeping us safe...phew!

However, extreme intense feelings of anxiety most or all the time is not healthy. This can lead to an anxiety disorder. Anxiety disorders are debilitating and can cause you to struggle to function in day to day living. While it is normal to worry about a test, it is not normal or healthy to worry about a test for weeks before the test and continue to worry when it is over.

In this time of uncertainty, all of us are experiencing increased anxiety. Most of us who manage our anxiety well may be struggling to balance all the new worries we are feeling. Kids too.

Remember...

1. Kids will pick up on your anxiety. If you are nervous, kids with their 'spidey sense' will pick up on it and will internalize that anxiety.
2. You may notice personality changes in your children. This is normal in times of extreme stress. Your children will get back to their usual self with time. Be patient with them and yourselves.
3. Remind yourself and your kids that this will NOT last forever. We will get back to school and our regular busy lives. It will just take some time.
4. Validate your child's feelings. *"I know you are scared and that's ok. We are in this together and we will be ok"*.
5. Don't underestimate the power of fresh air. Get outside everyday, even if the weather isn't great. We say there's no such thing as bad weather, just bad gear!

Remember that we are all in this together. Stay safe Raptors!

Mrs. Primmer & Mrs. Billard Penney

Your friendly neighbourhood guidance team!