



Talk To 10 - Session #3 Learning Summary

TOPIC

Signs that Your Child May Be Worried or Anxious

Distress sits on a scale, where **LOW** levels of distress (worry) are at one end of the scale, and **HIGH** levels of distress (anxiety) sit at the other end.

We need to know if there are low or high levels of distress, as this informs which type of intervention is most appropriate.

SIGNS TO LOOK FOR

Energy behaviours in myself or my children, including:

- Tantrums, meltdowns, yelling
- Shaking, heart racing, jittery
- Fast or shallow breathing
- Dry throat or mouth
- Feeling of unease
- Avoidance and sleep problems

Dr. Daniel Siegel - The Hand Brain for Parents
<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

The Hand Brain for Kids
<https://www.youtube.com/watch?v=VOBYs-LN5bY>

STRATEGIES

Top-Down Approach (when distress is DOWN)

Young people:

- Naming worry thoughts as thoughts, instead of facts (e.g. "I just had a thought I would fail the exam" instead of "I am going to fail the exam").
- Talking it through with someone.
- Mindfulness

Supporter:

- Listen without judgment.
- "Join in" with the teens emotional experience so that they feel understood (e.g. "It's terrible feeling singled out in front of the whole class").
- Don't jump to problem solving - ask if they would like our help OR our ear.

Bottom Up Approach (when distress is UP)

Young people:

- Exercising - using up the energy fuelling the energy behaviours.
- Diaphragmatic breathing - this helps calm our nervous system, tutorials available on Youtube!
- Progressive Muscle Relaxation - tensing and releasing our muscles to reduce tension, tutorials available on Youtube!
- Drinking water - flushing out chemicals that keep us escalated.

Supporter:

- Find (and use) your calm voice.
- Change the space - move to a different location/room/place.
- Give space when needed, and closeness when needed.

<https://www.facebook.com/Salutegenics-Psychology-380913785384886/photos/1371558066320448>

Coronavirus Mental Wellbeing Support Line 1800 512 348

[headspace](#) 1800 650 890

[Lifeline](#) 13 11 14

[Kids Helpline](#) 1800 55 1800

National Alcohol and Other Drug Hotline 1800 250 015

1800RESPECT 1800 737 732