

Managing Anxiety

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Therapist)

Who are the Speech Therapists?



Jenny Marcall

Link for 7Ng, 8W, 11G



Jess Ragg

Link for 9H, 10B, 11B, 120, 12W



Chelsie Fox

Link SaLT for 7MA, 8M, 9C, 10M

Part of the Children's Integrated Speech and Language Therapy Service for Hackney at the City



Plan for today

- Basket activity
- Supporting your child with anxiety

Basket work with Anxiety

- Baskets (priorities)
- • Small (top) basket – 1 or 2 accommodations that are within your control to affect, or serious issues that you will work on first
- • Medium basket – important accommodations / issues that you will work on later
- • Large basket – issues to ignore MBI (minor but irritating)
- • Rainbow basket – Things that you like about your child which may have become hidden (this basket can grow



How we experience regulation:

- What scares you?
- How do you know you're scared?



What is anxiety?

- Anxiety is the feeling of unease, fear or panic.
- Anxiety and fear are our body's built-in response to danger – our alarm system.
- Some symptoms of anxiety:
 - Increased heart rate
 - Sweaty palms
 - Feel sick
 - Hot
 - Difficulty thinking
 - Difficulty concentrating

FIGHT
FLIGHT
FREEZE

What is Emotion regulation?

- A process by which individuals influence their response to stimulus, this can be by influencing the emotions they have, how intense and how they impact on the person.
- The ability to act in a way that reduces the intensity of the emotional/ physical experience – for eg. The spider!

What influences our ability to regulate ourselves?

- Imagine that you have a bucket that all your stress goes into.
- Your bucket has a tap. When you do relaxing things it lets the stress out.
- When the stress gets too much your bucket spills over.



What about your child?

- It may be more difficult due to:
 - Sensory needs
 - Difficulties with emotional regulation
 - Language difficulties
 - Differences in the way they experience the world
 - Other factors



Your Child's Stress Bucket

Poor concept of time

Changes in routine

Doesn't understand rules

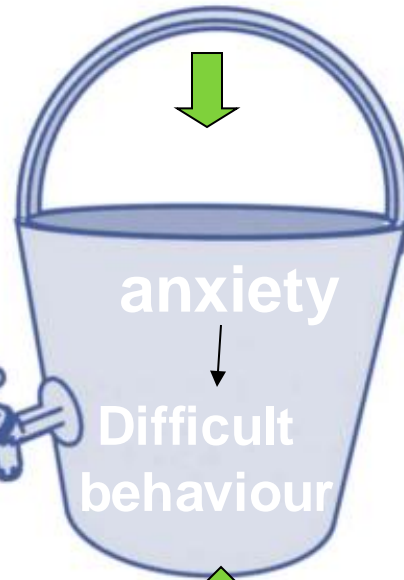
Unsure of what is going to happen

Anxious about failure

Literal interpretation of situations

Difficulties with communication

Sensory difficulties



Anxiety is very common for people with additional needs

How do you regulate yourself?

Self Regulation

Things we do to make ourselves calm or alert

Sensory motor **Self talk**



Mutual Regulation

Seeking help or comfort from others to make us feel calm or alert

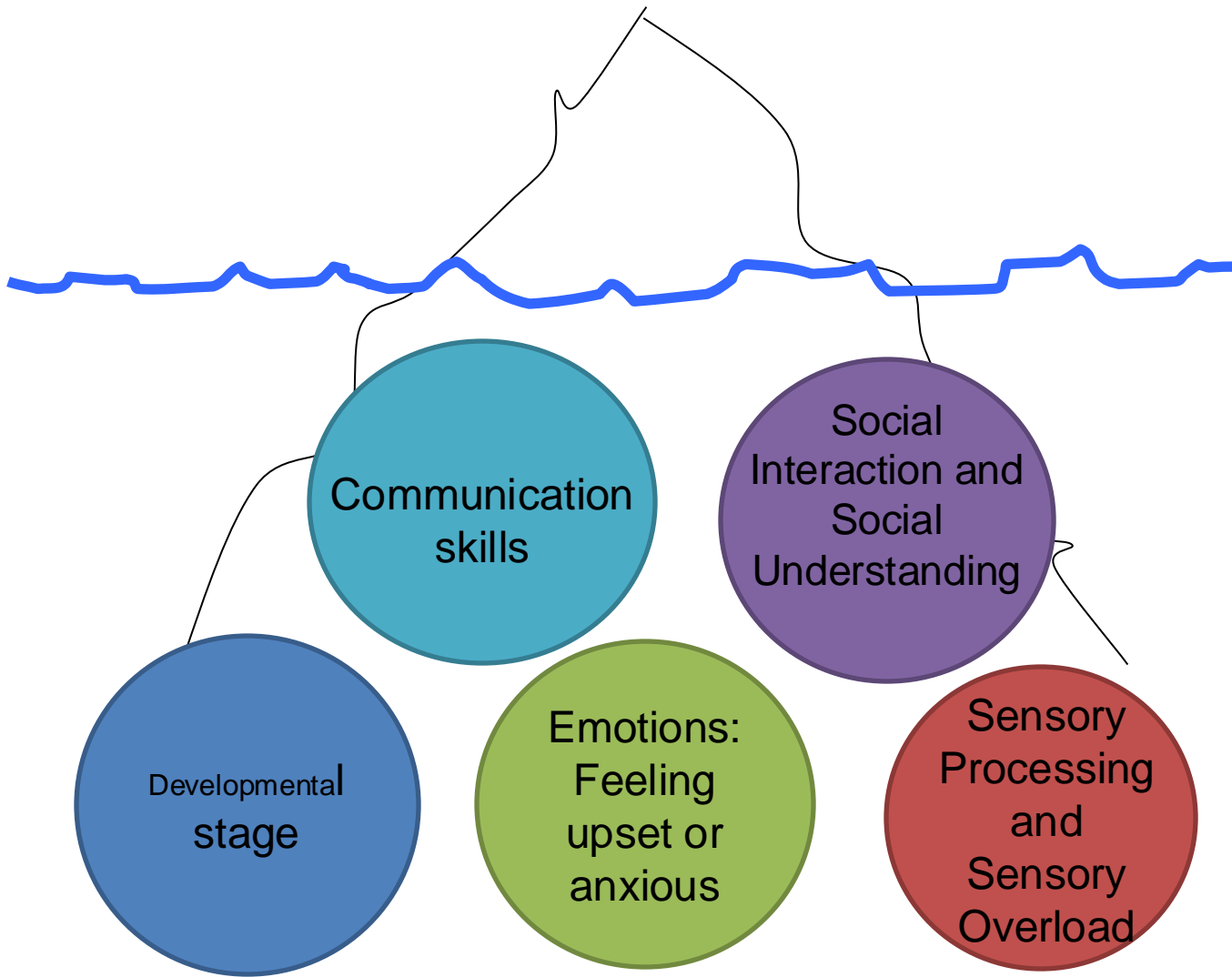


The Iceberg



What
we see

?



How does your child express their feelings?

The Angry Birds Six Point Scale





































0 	 sad	 tired	 sick	 bored
1 	 calm	 happy	 ready to learn	 good
2 	 worried	 nervous	 confused	 excited
3 	 unsettled	 annoyed	 silly	 wobbly
4 	 stressed	 scared	 losing control	 frustrated
5 	 angry	 lost control	 panic	 mad



Strategies

- What are you already doing to support your child's Emotional regulation?

My toolbox

 	 	 	 	 	 						
 sad	 sick	 calm	 okay	 worried	 nervous	 unsettled	 annoyed	 stressed	 scared	 angry	 lost control
 tired	 bored	 happy	 ready to learn	 confused	 excited	 silly	 wobbly	 losing control	 frustrated	 panic	 mad

Here are some of my tools:

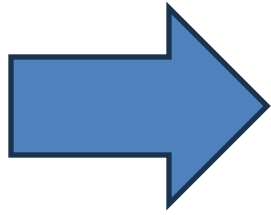
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Autism Level UP!



Energy Needed
(Match for the Activity)

My Energy
(Where I Am)



Maxed Out / Frenzied

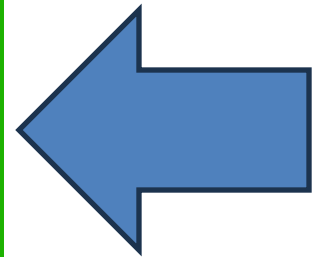
Amped Up / Fidgety

Single Stream / Flowing

Settled / Calm

Sleepy / Still

Asleep



Sensory / Motor



Information / Routine

Energy Needed	My Energy
Stretch When standing in the back of a room, walk and eventually stagger at the back up straight. Great energy carrying the arms in motion to exchange back.	
Flexion When on the floor, stretch arms, something else, it helps it with a job of stretching.	
Sequella Help for group and stretch, may come last for the target.	
Digital grounded, stretch and excellent for growth.	
Alert stretch over when it's sleeping.	
Stretch stretch - sleep stretch.	

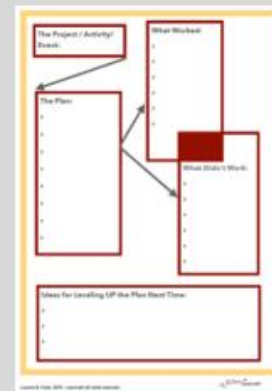
Power Down! 1 Level ↓	
I don't know? ⚡ ⚡ ⚡	Take Break











"Variety is the spice of life!"

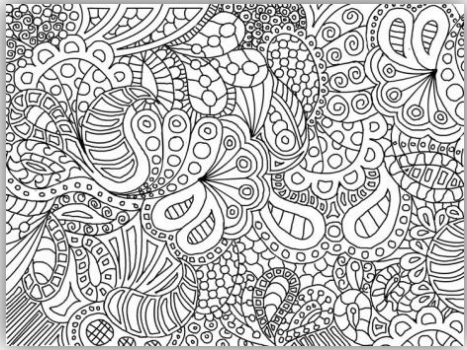
Samefood.

FIRST Animal Dribble	Until/ For everyone has a turn 	NEXT Dance
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Reflective / Forward Thinking



10 hand squeezes 	10 shoulder rolls 	5 full head rolls 	5 foot circles (each side) 	Hold shoulder stretch for 30 seconds 
5 chair press ups 	5 arm stretches 	5 finger wiggles 	10 face scrunches 	5 leg stretches 



The Six Sides of **Breathing**

