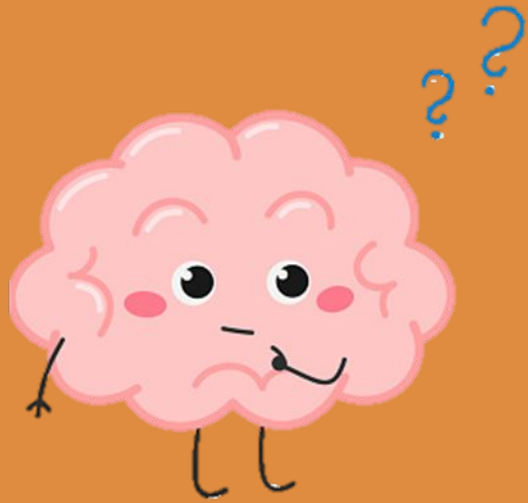


# Anxiety

Dr Joe Vacher – Clinical Psychologist



# Nice to meet you!

Dr Joe Vacher

Clinical Psychologist in Child and  
Adolescent Mental Health Services

Wellbeing and Mental Health in  
Schools (WAMHS) Project



A graphic of a spiral-bound notebook with a white page and an orange background. The spiral binding is at the top. The page contains the title 'Setting the Scene' and a bulleted list.

## Setting the Scene

---

- Your safe space
- Use of jargon/acronyms
- Informal – ask questions!



Look out for  
**"Thinking Traps"**

# Learning aims

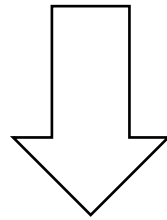
- How does anxiety impact our bodies?
- How can we respond to anxiety?



*Review of Thinking Traps.*

*How did it go?*





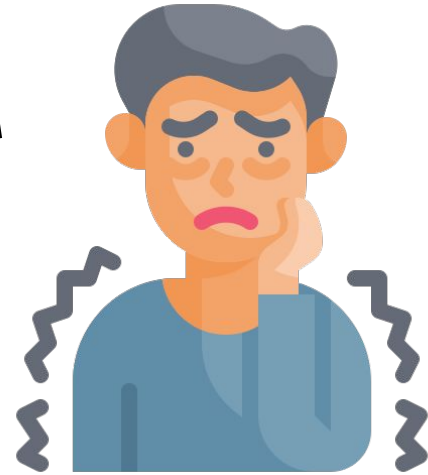
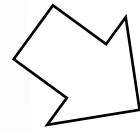
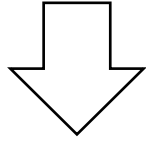


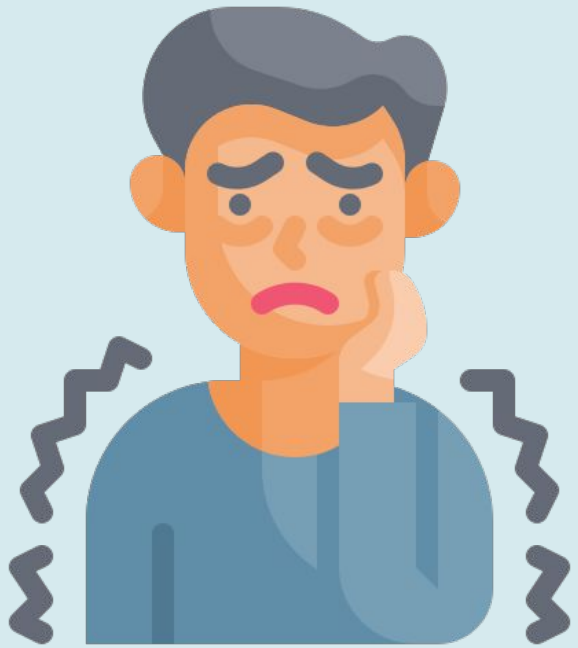
I will get lost!

I will not make any  
friends!

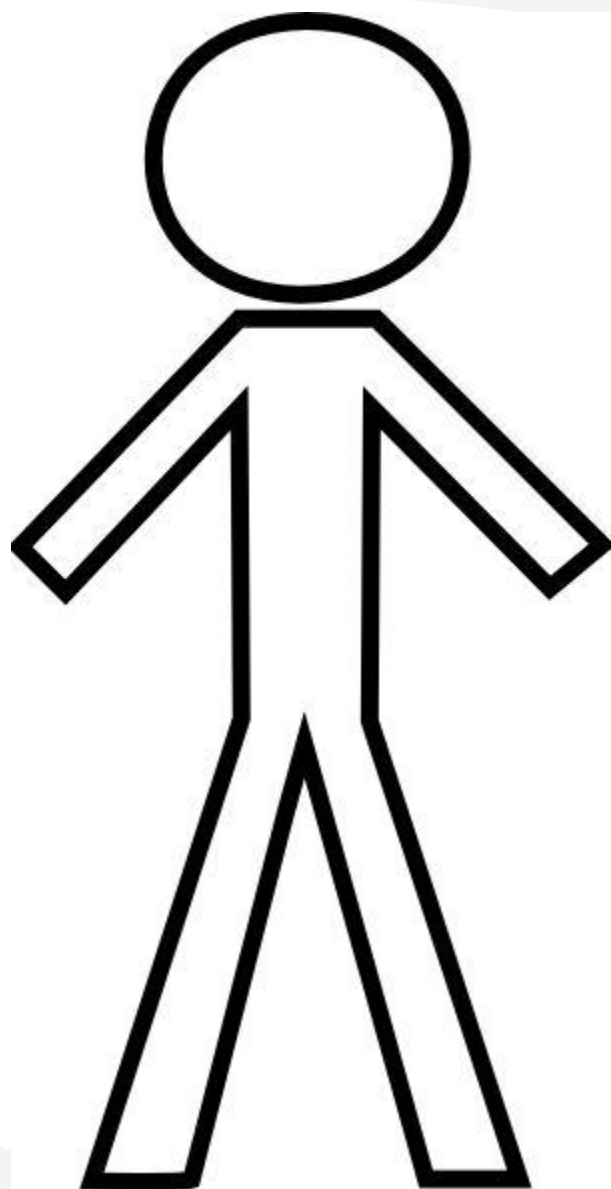
I will fail!

My teachers will  
not like me!





Anxiety causes  
**changes** in our body!



Shaking!

Tight hands!

Sweating!



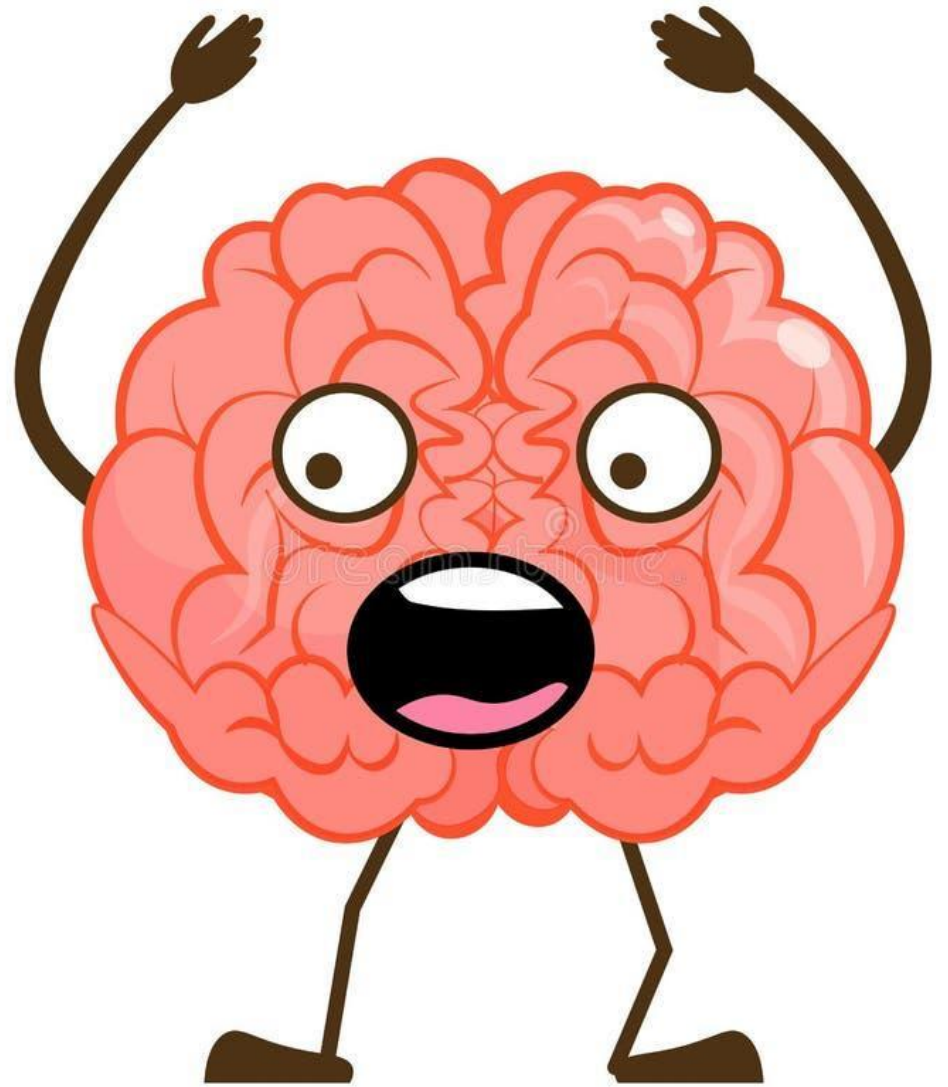
Closed body!

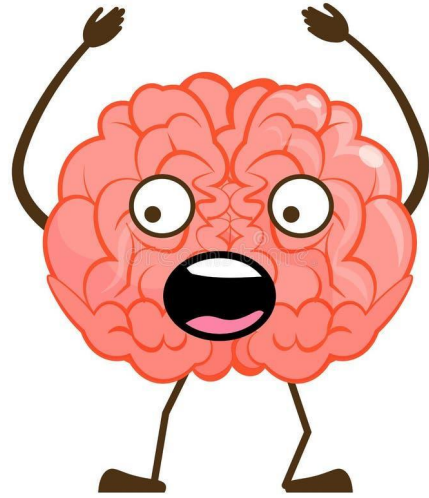
Aching tummy!

Racing thoughts!

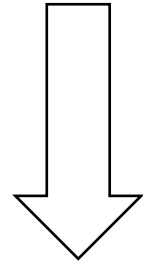
*How can you explain to your child  
why these changes happen in  
their body?*







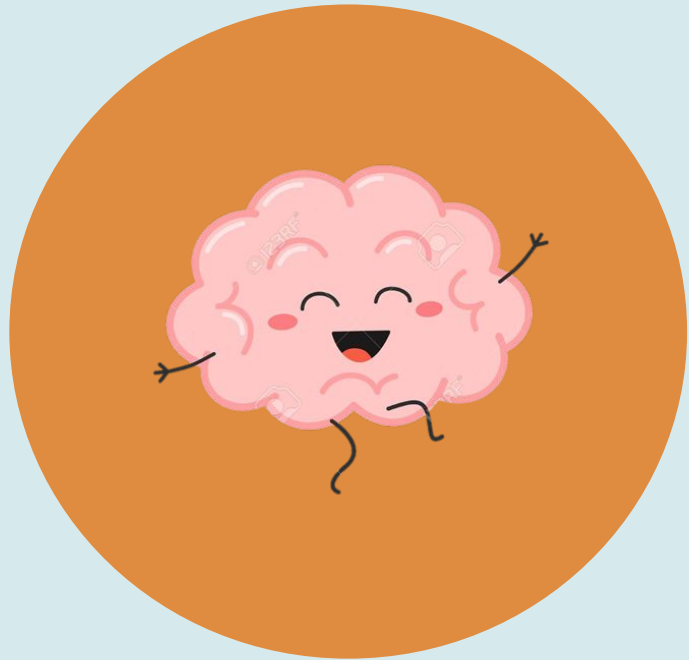
Scared  
Worried  
Frightened



*To keep us safe*



Ready to run!  
Ready to fight!



MUSCLE RELAXATION!

Breathe In

Hold



Hold

Breathe Out

## **Black & White Thinking**

I am always wrong

## **Emotional Reasoning**

I *feel* ugly, so I must *be* ugly

## **Should & Must**

I should have at least 5 best friends

## **Catastrophising**

I will fail the exam and be kicked out of school

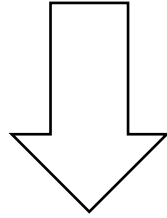
## **Mind Reading**

They think I am weird

## **Ignoring the Positive**

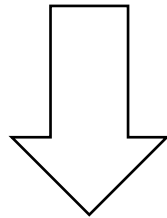
I passed the exam because I was lucky

"I am *always* wrong"



**Label it together!**

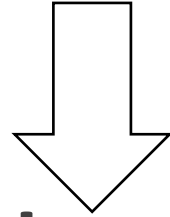
*Black & White Thinking*



**Balance it together!**

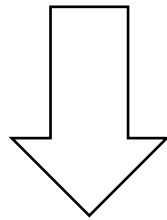
*"We all make mistakes – that does not  
define who we are"*

"I *feel* fat, so I *must be*  
fat"



**Label it together!**

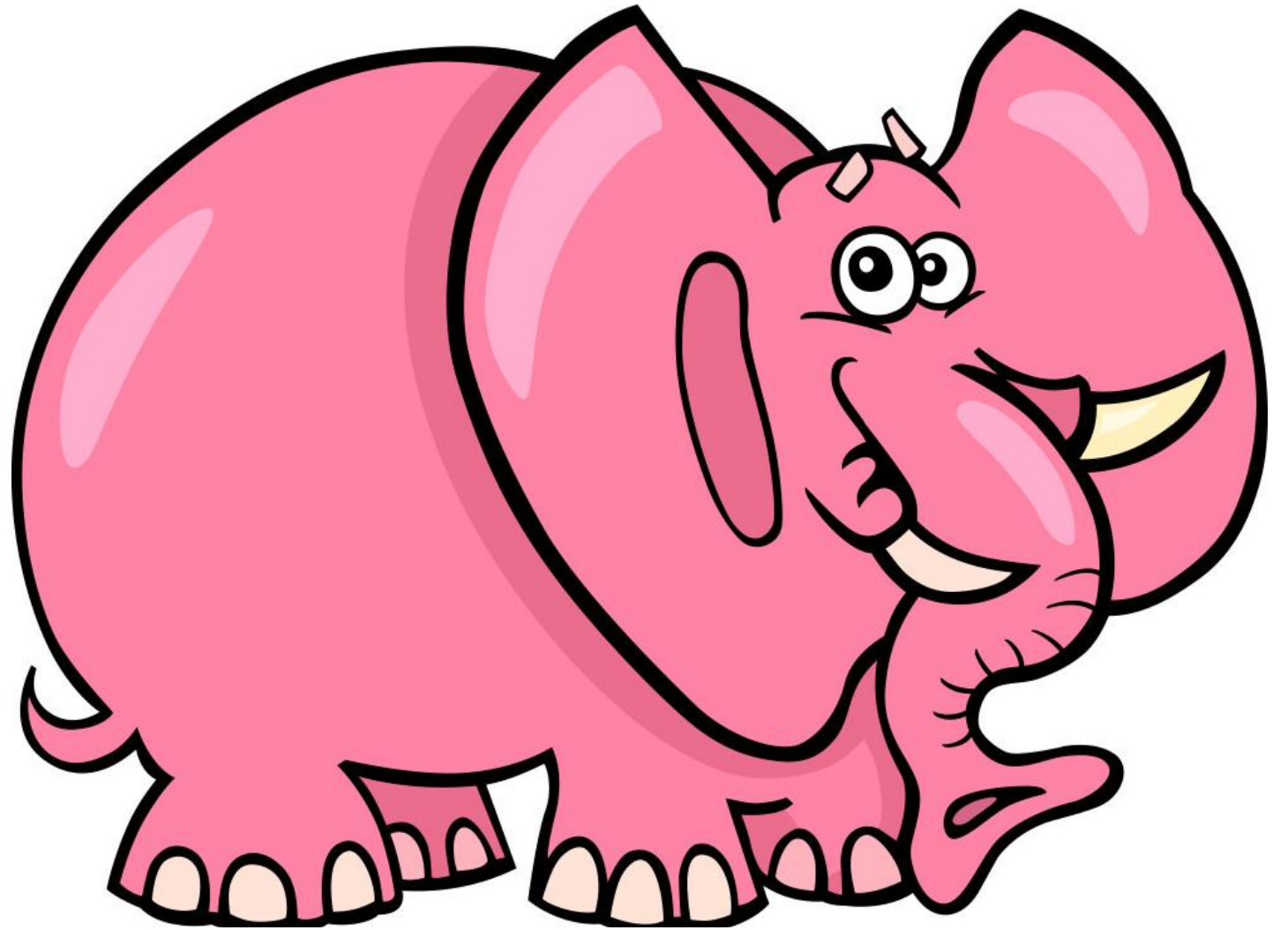
*Emotional Reasoning*



**Balance it together!**

*"Just because I think/feel something does  
not automatically make it true"*

**EXERCISE**





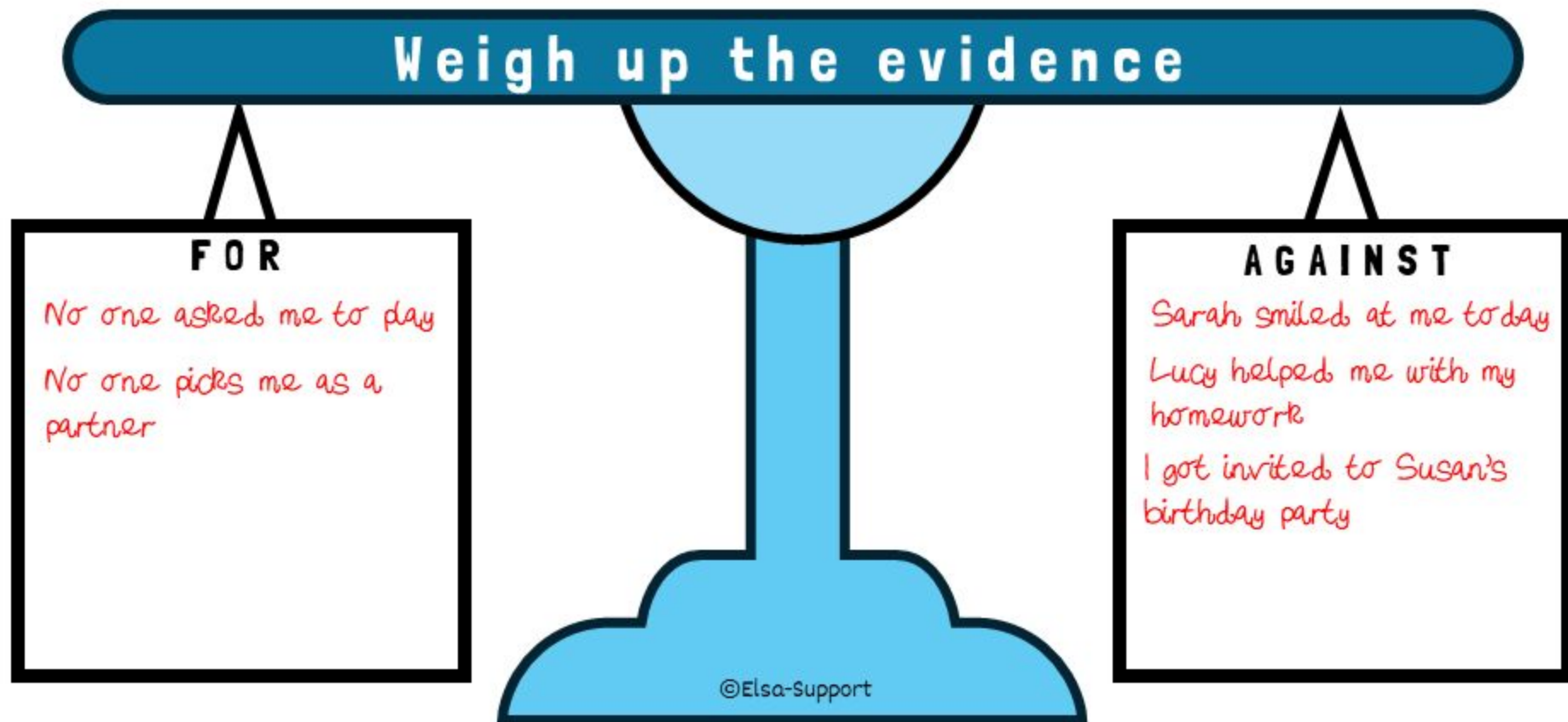
**EXERCISE**

*What happened?*

# Negative Thoughts on Trial

Here is my negative thought...

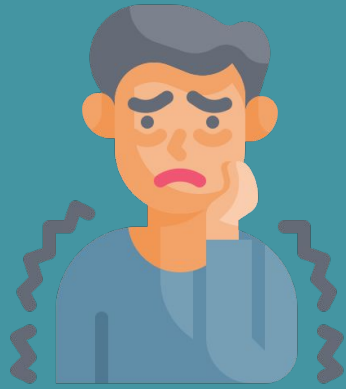
*No one likes me*



Here is my new positive thought...

*Some people like me, and I can always make more friends.*

# Remember...



Everybody experiences anxiety!

You can shrink the anxiety!

Talking

Identify Thinking Traps

Challenge the Thought



# Thank you!

