



Facilitators Guide – Supporting Children and Young People with Anxiety

This workshop was created by Carolyn Corkill (previous kids pastor at Narara Valley Baptist and a child and adolescent counsellor & Fiona Gardner the BYM Mental Health Coordinator. The video presentation has opportunities throughout to pause and discuss together as a group. At the end of the video is space for sharing and exploring resources. Try to ensure the earlier discussions don't go overtime this will enable the discussion at the end to have enough time.

Resources:

- Download video from website.
- Handout at the end of this document– please print copies for your venue.

Workshop Outline (1 hour)

- **Your intro:** let people know this video includes a lot of information as well as practical tips. Perhaps taking notes will help. See handout at the end for people to make notes and access resources. There will be spots where we pause and chat during the video. Everyone will receive a link to the video to watch it again and share with their team. **(max 2minutes)**
- **Video intro What is Anxiety**
- **Section 2 What does anxiety look like in children and young people** Signs and symptoms and specific disorders explained
- **Pause & talk 9:58** “How you may have experienced expressions of anxiety in your field of ministry or in your personal life?” Please only share what you are comfortable with. Have people in groups of 3-5 rather than the whole group this makes it easier for more people to have opportunity to share **(up to 5 minutes)**
- **Section 3 How can we support**
 1. Educate yourself
 2. Help create calm
 - Be aware of your breathing:
 - Take a break and go outside
 - Notice and validate the feelings being expressed
 - Consider your environment
 - Consider your program
- **Pause & talk 15:28** “Brainstorm some ways you can create calm within your particular ministry context. Write down one or two you plan on implementing after today?. Depending on the size of your group do this in groups of 3-5 or as the whole group. Consider trying one of the breathing exercises together **(up to 10 minutes)**
- **Section 4 Self Care** – diet, exercise, sleep, relaxing exercise, goals & priorities, gratitude, stay connected
- **Pause & Talk 18:30** What do you currently do well for your own self-care? Come up with one specific self-care practice you are going to commit to doing this coming week and share it with your group. **(up to 5 minutes)**
- **Section 5 Resources**
- **Pause & Talk 20:30** Share the combined knowledge you have around anxiety or mental health resources or Grab your phone and take a look at some of the resources suggested. **(up to 10 minutes)**
- Consider ending the workshop with the breath prayer in the handout: Breathe in “When I feel afraid” Breathe out “I put my trust in you” (no need to show the whole video just teach people the prayer)



Anxiety in children & young people

CONNECT 2023

Signs, Symptoms, Specific Disorders

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Brainstorm 2 calm strategies to try

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Resources

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Self Care



Resources:

A breath prayer for kids - <https://www.youtube.com/watch?v=EWYO4OTyQrQ>

Video Explanation of anxiety that kids can watch too -

https://www.youtube.com/watch?v=LBONLjVYJo&ab_channel=KidsHelpline

Kids Helpline Resource to share with parents that also includes how kids can access support -

<https://kidshelpline.com.au/parents/issues/anxiety-kids-and-teens>

Beyond Blue for kids and families, a range of resources-

<https://healthyfamilies.beyondblue.org.au/age-6-12>

Hey Sigmund -Loads of articles, ideas and workshops to learn more -

<https://www.heysigmund.com/>

Hey Warrior – Karen Young Very helpful book for kids that help them understand what is happening for them when they are anxious for ages 5-12

Triple P Parenting course for those parenting children with anxiety - <https://www.triplep-parenting.net.au/au/free-parenting-courses/fear-less-triple-p-online/>

An explanation of belly breathing and its benefits - <https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>

Baptist Youth Ministries Mental Health Fact sheets covering a variety of topics:

<https://baptistyouthministries.org.au/resources/>

E-Couch: an interactive online self-help program for social anxiety

<https://ecouch.com.au/>

Mood Gym: help with depression and anxiety. Workbooks, helpful guides

www.moodgym.com.au