

Supporting your Child with Health Anxiety



With the current pandemic it is completely natural for the well-being of staff to be low as uncertainties and anxieties loom.

This leaflet offers guidance on how staff well-being and self care can be maintained for a healthy environment.

Talk about Feelings and Worries

Encourage your child to talk about how they are feeling to you or another trusted adult, this doesn't have to be face to face, use activities like drawing or thought boxes to make it easier to communicate with them if they struggle to talk about it.



Explain what COVID19 means in terms they understand

It's important to tell your child the truth about COVID19, first find out what they know, or what they think they know, and set any myths or rumour straight about what they have heard. Although it is tempting to shield them from the truth, being honest with them will give them reassurance that you are confident in what is going on. Don't give too much information, just go into enough detail to answer any questions they may have, try to give just what they need to know.



Do something positive to help the current situation

Helping others releases the feel good chemicals in our brain and makes us feel more in control. Doing things like making a donation to the local food bank or painting pictures to display in the windows to show support can really help your child feel like they are contributing in a positive way.



Reassure them that it is ok to feel worried

Worrying is a normal human emotion so your child should know that it is ok to feel worried at times, if they are really struggling use a designated 'worry time' each day to help them get their worries out into the open and off their chest. This is an activity where each day 20-30 minutes of worrying is allowed for your child, and for you to listen and be sympathetic. If they start to worry beforehand, just ask them to save the worry for 'worry time', this will help your child try to take control of their worries.



Focus on the helpers

Don't focus on the virus, focus on the people who are working hard to make the world better right now, this will show them that there is always positives in negative situations.



Do some meditation or relaxation exercises

Taking time out to relax can help calm nerves, finding meditation activities for you and your child to do can be a great way to help relieve anxious feelings

Do something fun!

Playing games is a great distraction and will help your child break away from their worries, make some time to enjoy yourselves by doing what your child loves!



Self Help for Health Anxiety

- Keep a diary
- Challenge thoughts
- Keep busy with other things
- Get back to normal activities
- Try to relax



Useful Resources

- [Anxiety Worksheets for Kids](#)
- [Talking to children with worries about COVID19](#)
- [Helping your child with Anxiety](#)
- [What is health anxiety?](#)
- [Anxiety Exercises for Children](#)

With **all of us** in mind.