

# Understanding **Anxiety**:

## What is it and how can you support your child?

**Anxiety is a normal and healthy human reaction. When anxiety is mild to moderate, it can often improve performance but sometimes anxiety can become a problem when it interferes with everyday life.**

- Me & My Mind provides an **online** 1.5 hour workshop on understanding anxiety and what it might look like for a child (behaviours and physical signs).
- The workshop includes strategies to help Parents and Carers to manage anxiety at home.
- Including resources and activities ideas that you can do at home with your family.

**Tuesday 7<sup>th</sup> June 2022, 1:00pm to 2:30pm**

**[Click here to book](#)** or email us

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

**Email: [mhst.info@eastsussex.gov.uk](mailto:mhst.info@eastsussex.gov.uk)**

**Call: 01273 335585**



or scan the QR code for a short film about our team.



A helping hand with your mental health

**me & my mind**

East Sussex Mental Health Support Team