



Etone College
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Etone Mental Health

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Parent's Guide to Anxiety

What is anxiety?

Anxiety is a feeling of unease or fear that can vary a lot in intensity. We all feel anxious sometimes, especially when we are dealing with stressful situations. However, anxiety can sometimes become a health problem, taking over a person's life and affecting their ability to carry out everyday tasks. This is when you may need to seek mental health support to help you manage your anxiety.

Symptoms of anxiety

- Feeling nervous, on edge, or panicky all the time.
- Feeling overwhelmed, full of dread or out of control.
- Having trouble sleeping.
- Low appetite.
- Finding it difficult to concentrate.
- Feeling tired and grumpy.
- Heart beating really fast.
- Having a dry mouth.
- Trembling, or having wobbly legs.
- Feeling faint.
- Stomach cramps.
- Feeling hot or sweating more than usual.

If your child is experiencing any of these symptoms it doesn't mean they definitely have anxiety, but if any of these symptoms are affecting their day-to-day life it's a good idea for them to speak to someone about how they are feeling.



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Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort.

Here are some things you could ask to get the conversation started:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If your child is having a hard time, you can try to find out how they'd like to be supported by asking gentle questions like:

- How can I support you through this?
- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?

Support available at Etone College

Students can access support through various channels at Etone College. They are able to speak with their Heads of House to ask for a referral to the Success Centre. There is also lots of signposting of support around the school with the contact details to various local and national support groups and charities.

Anxiety support

The Success Centre offer 1:1 sessions or group sessions for students that are struggling with anxiety and complete various activities with a member of staff to help reduce feelings of anxiety and try different strategies to manage their feelings.

Below are some of the activities and strategies your child will be encouraged to try when they are feeling anxious.