

Do you sometimes feel apprehensive about something you have no control over? With children, have you noticed that sometimes your child may express worries over trivial issues and is unable to stop himself/herself from thinking negatively?

There will be times when anxiety can get the best of us. Similar to adults, children will have worries and concerns. Some may experience excessive weariness, they may also have a sense of dread/heaviness that can be overwhelming. When faced with a difficult predicament, the natural inclination is to face the challenge head on or avoid the triggers causing stress. Most psychological research has shown that applying short term coping mechanisms such as avoidance provides immediate relief; however, it has its limitations. Prolong reliance on this type of coping strategy may negatively impact one's self confidence, self esteem, amplify (perceived and real) fears and stress.

At some point in our lives, we've experienced some challenging situations that made us feel uncomfortable. Due to uncertainties, we're left unsure of ourselves. Naturally, our mind and body respond automatically to protect us from perceived threats and harm. Additionally, how we mobilise both our internal and external resources play an important role on how we cope and resolve problems.

It's equally important to note that "Normal worries" can actually be beneficial to us. We all have anxiety. Anxiety is part of our emotional state that acts as a barometer on how we govern our daily lives. Children can learn to plan and to prepare to address problems appropriately and build resilience.

The goal of this presentation is to provide parents information on Anxiety. Additionally, it will include an overview of different types of anxiety disorder.

Date: 13 March 2024

Time: 3-4pm

Zoom meeting

Attendees: KJS parents

Facilitator: Ian Ong, Student Counsellor

* Interested parents please register through the gateway. Registration opens now and closes on Monday, 12th March at 4pm (Under "Activity" on Gateway)

