

Thrive 365

Dragonfly: Impact Education

Dealing With Uncertainty

We all have to deal with periods of uncertainty in our lives sometimes. Anxiety can stem from the unknown. It's a survival mechanism that equips us to anticipate potential threats or dangers, and so deals in 'what ifs'. This means that in uncertain times, our anxiety may go into overdrive. Another survival mechanism is our ability to pick up on others' anxiety, which can make this emotion contagious.

1 Facilitate connection

Anxiety can be isolating and lead to disconnection from groups and clubs, and the routines that brought a sense of normality. Try to encourage keeping up with the things that are routine, even if it's for shorter periods of time. If the anxiety is at this point of interfering with day to day activities, it's important to seek professional help. In the meantime, try to encourage connection through online games or clubs.

3 Develop the toolkit



Encourage children to reflect on a time they've faced a challenge or difficult time in the past (you can have a 'role model' example ready for those who might draw a blank!). List the qualities and skills they needed to get through that challenge/difficult time. Reflect on how those same qualities and skills might help them now.



2 Address the thoughts

As anxiety deals with potential threats, thoughts play a crucial role in heightening or reducing levels of anxiety. Offer children strategies to use when worrying thoughts pop up: 'bank them' in a notebook for a time they can be dealt with; rank the likeliness of their worry happening /10; decide if it's their worry or someone else's; decide if it's something they can do something about and bin it if it's not; free write all their thoughts onto a page before the timer pings; create a 'best friend' voice in their head to answer back to the negative voice.

