

THE PARENT FACTOR

MANAGING PARENTAL ANXIETY

NEWSLETTER

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Issue 8



**WHAT IS
ANXIETY**

**CAUSES OF
PARENTAL
ANXIETY**

**SUPPORT TO
MANAGE
ANXIETY**

Anxiety is a feeling of worry or fear. It can be mild or severe. Anxiety is a normal emotion that we all experience in life. However, when we feel that more is at risk, it's natural to worry more. We all worry about whether we're getting it right as a parent and if our child is going to be OK.

We worry about their health, their development, their safety, their education, and the list goes on. While it is natural, being anxious can at best be a waste of time and even be dangerous and toxic thing for all involved. Research shows that a lot of the things we worry about never happen.





SUPPORT TO MANAGE ANXIETY

It is normal to have parental anxiety. It is natural for us to worry about our responsibilities and there will be times when we feel anxious at much higher levels.

However, living with high levels of parental anxiety *everyday* is a sign that your mental health is under strain and could indicate an anxiety disorder. This might mean that your anxiety is causing you to behave in ways that are negative to your well-being and your family.

If you are concerned, please seek help from a mental health professional for medical advice, diagnosis or treatment. Some health services offer amazing talking therapies that can help bring balance back into your life. You can find out more here: www.iesohealth.com/en-gb/what-is-cbt.

Parental Anxiety symptoms

- You find yourself awake at night with an endless list of things running through your head.
- You snap at your children about the littlest things.
- You feel that life is getting out of control.

There are more symptoms to diagnose anxiety but if the above is how you feel, and you are becoming overwhelmed, there are resources to help. MIND has a page focused on self-help: www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/

For more information, email bianca@parentpower-ed.co.uk

CAUSES OF PARENTAL ANXIETY

Concern for our children is inevitable but worrying about *our role* as a parent is natural too. We question ourselves about whether we're doing things right, whether we're overprotective, too controlling, not available enough or not setting a good example. Society also adds a layer of pressure of how we are seen to parent and we feel judged.

As with all types of anxiety, the reasons for how we feel can be complex and multi-layered. For example, underlying mental illness or childhood trauma can exacerbate our worries. We should take time to understand ourselves and treat our feelings seriously.

