

## As a parent

One of the first things you should do, is research the illness. Know your facts and be aware of the symptoms and the impact it can have on you and the rest of the family, as well as the child with the disorder.

Look after yourself and go easy on yourself. As a rule, parents tend to blame themselves if their child is unwell, and it can become physically and emotional exhausting to care for a child with a mental health disorder, but one of the best things you can do to help, is to take care of yourself too. Your child needs you, make sure you can offer the best help you can.

Seek out emotional support for yourself as well as your child. Family therapy sessions can also help.

Monitor your child's symptoms, but do not overbear them, monitor from a respectable distance, but make sure your child knows that you are available to them



The Lotus Mental Health

For more information please visit: [www.thelotusmentalhealth.org](http://www.thelotusmentalhealth.org)

Or contact us at: [thelotusmentalhealth@gmail.com](mailto:thelotusmentalhealth@gmail.com)

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# Generalised Anxiety Disorder Information



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## What is Generalised Anxiety Disorder?

Generalised Anxiety Disorder (GAD) is a type of anxiety disorder that can make a person feel constant worry. It can be worry about activities, events, or just life in general. A person with GAD often expects things to go wrong and worries about things on an almost daily basis, if not an actual daily basis. Concerns about family, friends, health, and social situations are extremely common and frequent.

## What are the signs and symptoms?

- Being too hard on themselves
  - Trying too hard to be perfect
  - Always wanting/needing reassurance
  - Always wanting approval
  - Gets upset about things easily and often
  - Mind often goes blank – also described as brain fog
  - Being bad tempered
  - Tire easily
  - Find it difficult to concentrate
  - Tense
  - Sweaty palms
  - Fidgety
  - Restless
  - Avoid situations/activities they would usually enjoy
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## What can you do?

Be there for your child, it might sound obvious, but if you don't tell them you're there, will they really know?

Be approachable – if your child wants to speak to you, give them your time

Be supportive – encourage, support and praise

Encourage exercise, family time, and integration – loneliness is a dark place

Encourage your child to openly talk about how they are feeling, without judgement and interruption

Look for hobbies and encourage down time

Actively listen to your child, listen to the words they use

Look out for symptoms

Show positivity to your child

Converse and engage. Even if it's just at mealtimes, or in the car, make use of your time together

Teach your child coping mechanisms - keeping a diary, relaxation exercises

Be proud! Even of the most basic achievements

Be patient! Don't take things personally

Get help! If your child is struggling, take them to their G.P.

Love them and make sure they know they are loved

