



Apps/Tools/Activities for children

Apps to assist with children's mental wellbeing

Mindful Gnats

Rise up & Recover

Smiling Mind - 7 years and up

SuperBetter - all ages

Headspace

Healthy Minds

InHand

Mood Scope

Moodometer

Personal Zen

SAM (Self-Help for Anxiety Management)

Stop, Breathe and Think

Other activities to assist with children's mental wellbeing



[How to develop a positive mindset video.](#)



[5 ways to wellbeing video](#)

Anxiety

Overview

This booklet is a resource to give you some information about:

- What anxiety is
- How to spot the signs
- Tips for parents
- Tips for young people
- Where you can find more help

What is anxiety?

Anxiety is actually a perfectly normal human state – and despite its presence in the headlines as a major player in the mental ill-health of many people – it actually has its uses!

At moderate levels of anxiety, a person's performance and attention to detail can improve. However, it becomes a problem when the feelings become more intense, last for a long time and begin to negatively impact on how well you can do things, your enjoyment of things and family life.

In general, stress and fear are seen as responses to specific, external factors, whereas anxiety is often internal and is usually concerned with what could or might happen.



[Anxiety booklet](#)