HOW TO SPOT A CHILD THAT’S STRUGGLING.

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CLAIRE EASTHAM

Bestselling author & award winning blogger

"You see someone like Claire and you know that this (anxiety), is something that you CAN change."
Holly Willoughby – This Morning

"Her writing style and sharp humour will not only keep you engaged, with frequent laugh out loud moments, but she shares some really useful tips that many people living with anxiety, stress and depression will find extremely helpful."
Nicky Lidbetter - CEO, Anxiety UK

@ClaireyLove

@allmadhereuk_

STYLIST Live
A FESTIVAL OF INSPIRATION
10-12 NOV OLYMPIA LONDON

this morning
with phillip&holly

Mentally Yours
#35 We're All Mad Here
SOUNDCLOUD
Share
Mentally
Yours xx
30:40
Cookie policy
'Honestly I think I was probably born with it. I was a nervous, overly sensitive child.

I wear my badge because you can't see my anxiety
Claire, who has anxiety

'The day I told my boss about my anxiety'
Like so many of us, Claire Eastham, 30, always thought secrecy was the best way to deal with her anxiety. Then she tried a different tack…
I COULDN'T TRUST MYS TO SPEAK. WAS STUC IN A CYCLE OF ANXIET
HOW TO tell your bo

TEEN PROBLEMS ARE REAL PROBLEMS!

50% of all mental health problems are established by the age of 14. Shall we start taking this seriously?

Things to think about:

- Making new friends… and falling out with them!
- New and direct learning styles. Such as, being singled out in class or asked to share their work with a group
- A desire for independence and privacy, which can lead to conflict with parents

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- Puberty
- Peer pressure – a desire to fit in can lead to a teen engaging in dangerous behaviour
- Social media
- Exam pressure and stress.

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KEY SIGNS TO LOOK OUT FOR

- Seeming distressed or ‘on edge’ in class.
- Day dreaming and difficulty in concentrating. Fatigue and lack of interest.
- Avoidance Tactics, such as, asking to leave the classroom to use the toilet. Asking to be excused from certain activities. Or regular absence from school in general.
- Skin picking, pulling out hair and excessive fidgeting.
- Smart phone addiction.
- A decline in academic performance.

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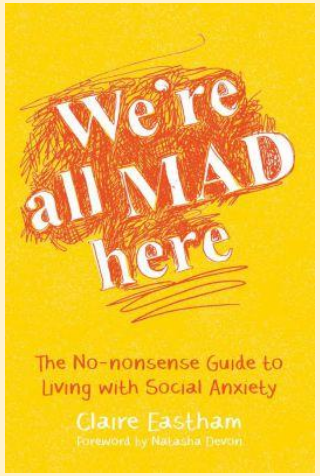

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