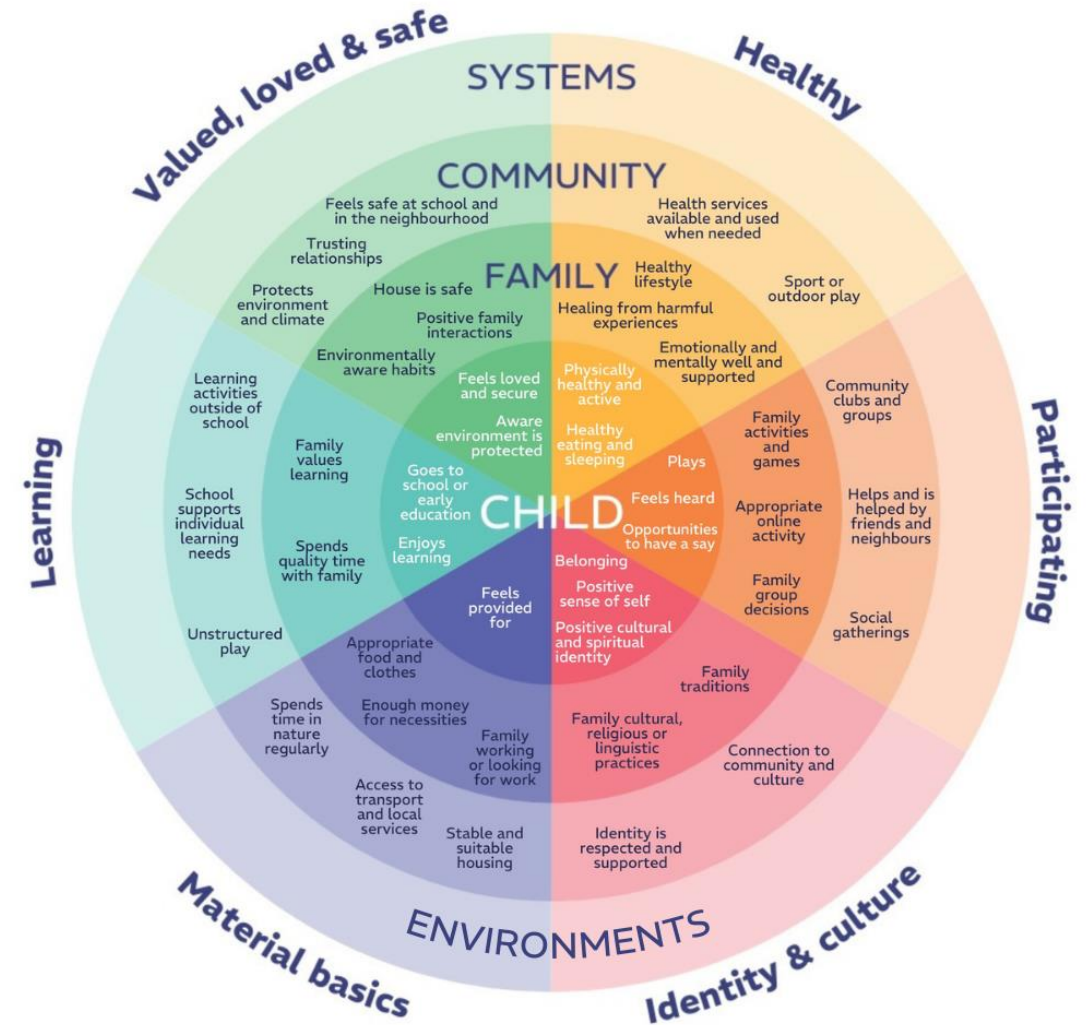


Children's Mental Health: Understanding Anxiety and its Impact on Wellbeing

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What is Children's Mental Health?

- Emotional wellbeing
- Psychological wellbeing
- Social wellbeing
- Effects on thoughts, feelings, and behaviour
- Mental health challenges can include:
 - Anxiety
 - Stress
 - Depression
 - Low self-esteem



(Queensland Kids Partnership, 2024)

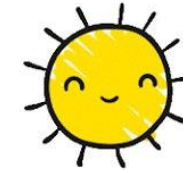
Why Good Mental Health Matters

- **Benefits of positive mental health**
 - Healthy emotional development
 - Strong relationships
 - Resilience
 - Better learning outcomes
 - Positive social development

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

(Natural Choice Nurseries, 2021)

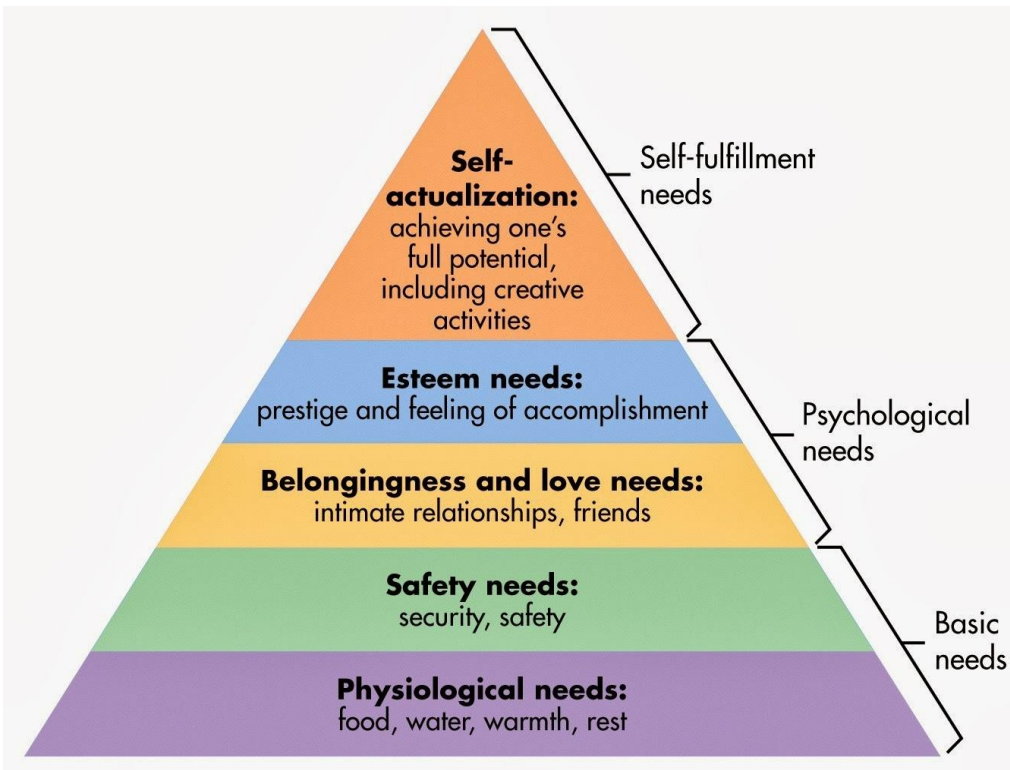
Anxiety in Children

- Persistent worry or fear
- Interferes with daily life
- Impacts:
 - Sleep
 - Confidence
 - Concentration
 - Friendships
 - School participation



(Siti Syarifah, 2021)

Maslow's Hierarchy of Needs

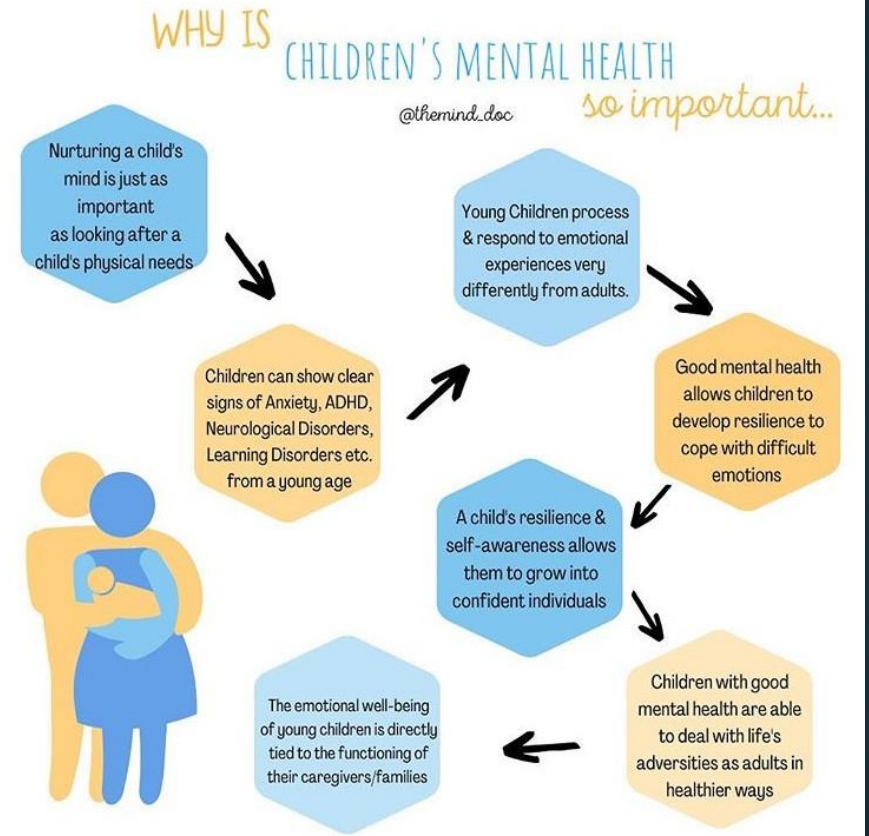


(Anon, 2014)

- Physiological needs
- Safety needs
- Belongingness and love needs
- Esteem needs
- Self-actualisation

Why Children's Mental Health is significant.

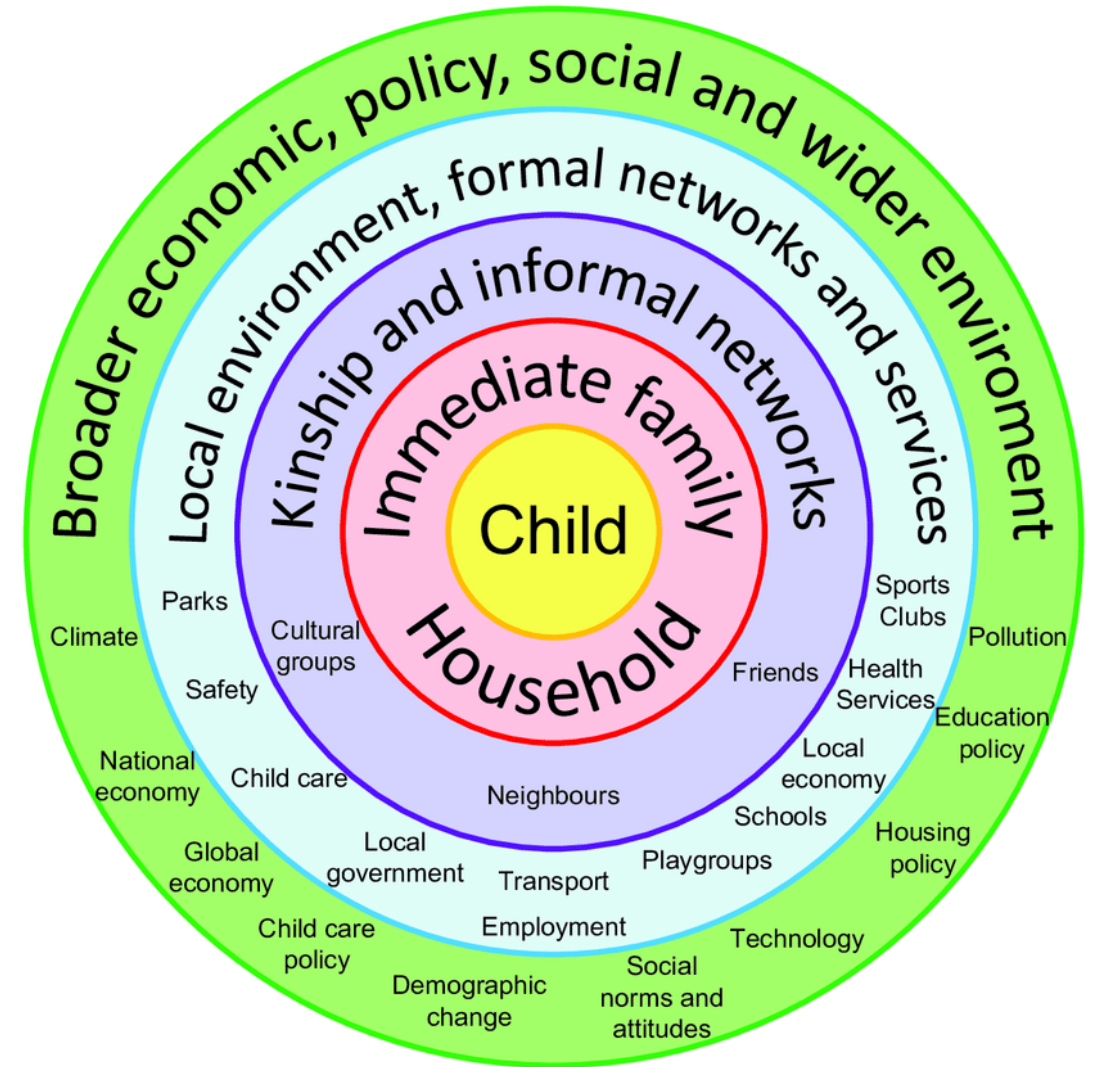
- **Why it is important**
- Affects families and surrounding communities
- Early intervention is essential
- Affects future outcomes
- Increasing numbers



(St George's Nursery, 2020)

Bronfenbrenner's Theory and COVID-19

- Microsystem
- Mesosystem
- Exosystem
- Macrosystem
- Chronosystem



(Scott, 2016)

Bronfenbrenner's Theory and Mental Health

- **Microsystem influences:**
 - Family
 - School
 - Friendships
- Positive relationships
- Negative relationships



(Pinterest, 2025)

What
does
research
tell us?

NHS

(Healthwatch Lewisham, 2025)



unicef

(Asifkhan23, 2025)



**World Health
Organization**

(Logos-World, 2019)

Supporting Children's Mental Health

Families

- Open communication
- Consistent routines
- Secure attachments

Schools

- Emotional wellbeing programmes
 - Counselling
 - Staff training

Communities and services

- Mental health services
- Awareness programmes
 - Reduced stigma

Conclusion

- Mental health affect all areas of development
- Anxiety is a common challenge
- Bronfenbrenner highlights environmental influences
- Maslow highlights basic needs
- Early intervention



(Pinterest, 2026)

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