



Case Study – Summer 2020 – Managing Anxiety Online

I'm a single mum of three. My eldest has now moved out at 21, so our home situation is my daughter 17, my youngest son 7 and myself 39.

My youngest has ADHD and SPD so homelife can be very challenging. My daughter suffers with anxiety and I have anxiety too.

The anxiety course with Extra was advertised on Facebook so I instantly thought 'brilliant, just what we need!' So I signed up. Everyone was so helpful and friendly, so I was looking forward to the first session!

Prior to the course I would say my anxiety levels were high, to the point of affecting me physically on a daily basis. My daughter's anxiety would stop her from doing things and bring her confidence down and my son would have a lot of emotional outbursts on a regular basis, so life was pretty stressful day to day.

After a few sessions of doing the course I started to understand anxiety better. I started using the techniques and changing our negative mindsets to more positive outlooks, communicating different ways to deal with challenging situations and breaking bad cycles. I started to see a change! Our home is now a more positive place, we communicate better especially about how we feel. We try to stop and think before things can really escalate with my sons ADHD.

Using the techniques given really makes you see things differently and puts a more positive outlook on things. I feel more able to manage my children's anxiety which gives me more confidence in myself and my ability to use different techniques and ideas in the future. My daughter is showing more confidence and is starting to do more. My son is enjoying talking about positive things that have happened each day which is lovely.

I would say our home is now calmer and positive thanks to doing this course, which in our circumstances is a huge help!

I would definitely love to do more courses with Extra in the future as this one has been so beneficial and to know that there is support available to us is such a great help!