

Lecture 4:
**Basic Methods of Corrective Work
with Anxious and Shy Children**

РЕПОЗИТОРИУМ

WORRY

- Temporary mental state occurring under the influence of stress factors
- Frustration of social needs
- It is an emotional state that occurs in situations of uncertain danger and manifests itself in anticipation of unfavorable developments

- **Anxiety** is an individual psychological feature; it is an increased tendency to experience anxiety in a variety of life situations, including those that do not predispose to it

Causes of Anxiety

Physiological causes:

- Diseases (frequent somatic diseases, neurosis, mental disorders)
- Effects of pharmaceuticals on the body

Causes of Anxiety

- Internal conflicts (conflicting demands of parents, school, etc.)
- Inappropriate level of aspiration
- Necessity of choice
- Parent-child relational problems
- Inappropriate demands (often excessive)

Main Directions of Work with Anxious Children

- Relieving muscle tension
- Building self-esteem and self-confidence
- Teaching children to manage themselves in worrying situations
- Developing the ability to express their emotions
- Developing communication skills

Main Directions of Work with the Parents of Anxious Children

- **Counseling**
- **Visual media (stands, booklets with recommendations)**
- **Relaxation exercises**

Recommendations for Parents of Anxious Children:

- **Avoid comparing the child with other children**
- **Praise the child more frequently but explain what the praise is for**
- **Demonstrate confident behavior**
- **Make appropriate demands on the child**
- **Be consistent in the upbringing of the child**
- **Avoid punishing**

Recommendations for Parents of Anxious Children:

- Observe the child's daily achievements and tell other family members about them
- Do not use words that humiliate the child
- Talk to your child more, helping him/her express thoughts and feelings in words
- Communicate with the child in a calm and friendly manner