



Anxiety

See



Worried face

Mood swings

Expressing fears/worries

Not sleeping well

Breathing changes

Feeling sick

Do



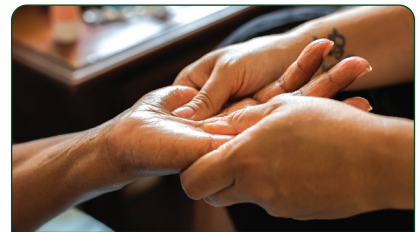
Refer to plan of care



Connect – talk about why they are feeling anxious, hold their hand



Keep a calm place



Offer massage



Distract – play with pets, listen to music



Support carers/family with spiritual/cultural/religious practices




Let carers/family know
Tell manager/supervisor

Other things: _____

Say



 Report anxiety that is not getting better to your manager/supervisor.

Write



Write notes about what you see, what you do and what you talk about with the person, carers/family and your team.