



10 Tips to Parent Your **ANXIOUS** Child

By Anne Marie Albano, PhD, author of ["You and Your Anxious Child"](#), with Leslie Pepper



1. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant.
2. Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing and calming.
3. Listen to your child and ask "Tell me what you are thinking?" This will help to reveal scary thoughts and scenes that build up in your child's mind.
4. Rather than swooping to reassure, ask your child "How likely is (that thing you're afraid of) to happen?" You'll be teaching him to challenge his anxious thinking.
5. Prompt your child with "Tell me some things you can do to handle this situation" and help her to brainstorm, rather than just giving her solutions. She'll feel empowered.
6. Give up the idea of "mental health days" "skip days" "sleep with mom nights" or other ways of avoiding feared situations. This just makes the anxiety stick more firmly and lead to further avoidance.
7. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labeled praise such as "I'm so proud of you for sleeping in your own bed last night!"
8. Work with your child to outline small steps leading to a bigger goal.
9. Create opportunities for your child to practice being brave and coping, and then high-five his/her efforts!
10. Recognize when you are anxious and say aloud what you can do to calm down and solve the situation. You'll be modeling coping for your child, but be mindful and don't overshare your anxiety!

Words of Wellness

by *Haley J Snyder*

presents

8 Tried & True Anxiety Busters

#1

Breathe Into Your Belly

It presses on the vagus nerve and tells your brain that you are safe.

#2

Notice What You Can Feel

Noticing what your skin feels helps to ground you in the present.

#3

Hold an Ice Cube

Extreme changes in temp will bring the brain back to present.

#4

Temp. Leave Situation

Taking a break to regroup can help you get grounded.

#5

Listen To Music

Music has been proven to affect heart rate and mood. Aim for 60-80 bpm.

#6

Take a Bath or Hot Shower

Self-care can help you reset your mindset.

#7

Exercise

Exercise will increase serotonin, release pent up energy, and release endorphins.

#8

Talk to a Friend

Friends can often give us the encouragement and perspective needed.

COPING SKILLS

A COPING SKILL IS THE WAY THAT YOU HANDLE YOUR ANGER, STRESS, ANXIETY, FEAR OR ANY OTHER FEELING!

- A **good** coping skill is one that helps you feel better in the moment without hurting yourself or anyone else. It is also one that doesn't get you into any trouble now or later.
- A **poor** coping skill is one that might feel good when you use it, but it ends up hurting you or other people. Using a poor coping skill for a long time can be harmful.

GOOD

Using positive self-talk
Deep breathing
Taking a shower
Going for a walk
Doing something creative
Exercising
Talking to a friend
Playing a sport or game
Hanging out with friends
Taking a time out
Using an I-Feel message
Counting to 10



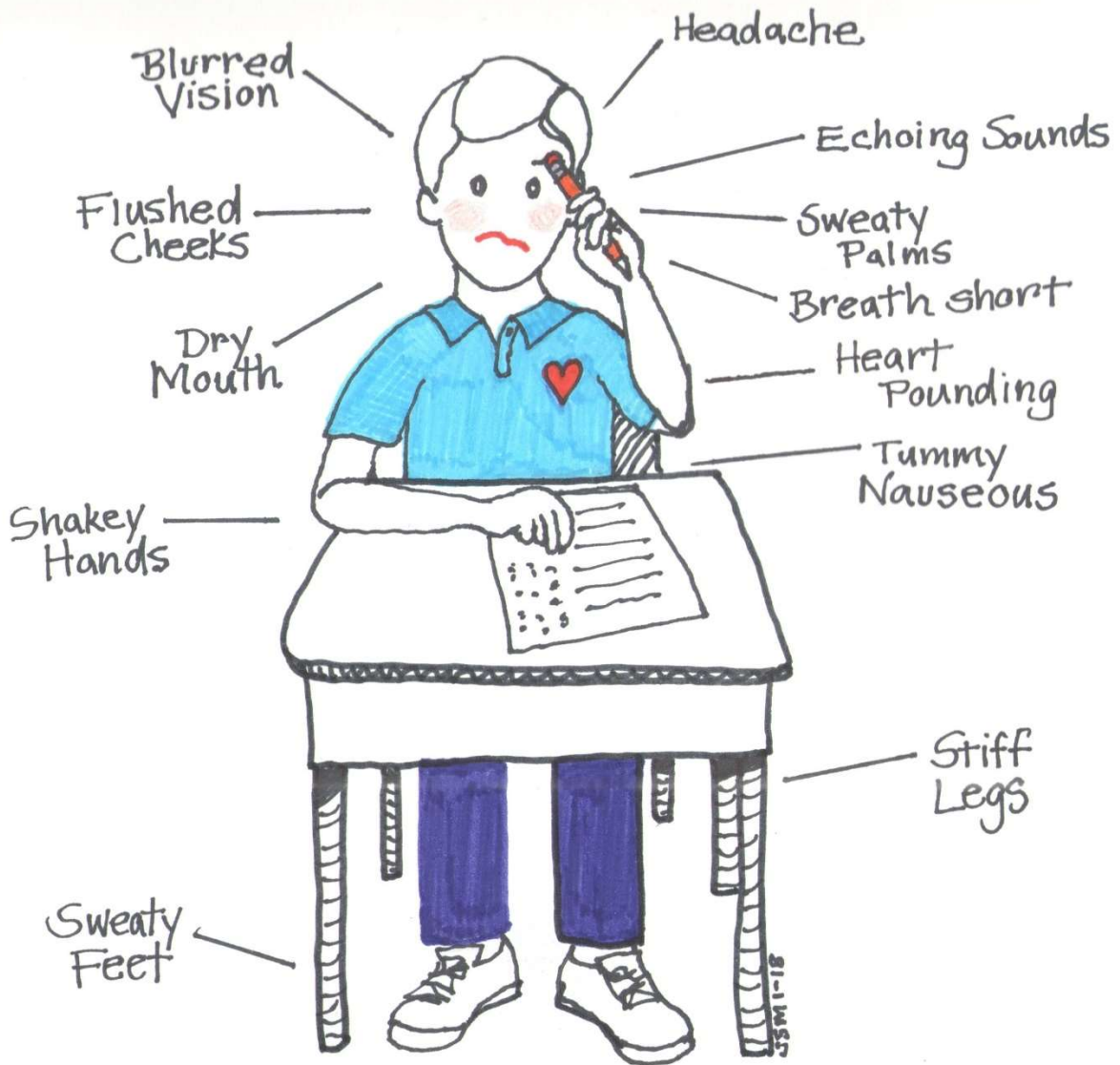
POOR

Name-calling or insulting
Becoming violent
Spreading rumors
Yelling and screaming
Hurting yourself
Threatening
Doing something dangerous
Shutting down
Pretending like you don't care
Blaming other people
Negative self-talk
Avoiding family and friends

WHAT ARE OTHER GOOD COPING SKILLS YOU CAN THINK OF THAT HELP YOU FEEL BETTER?



© 2018 Mylemarks LLC. All Rights Reserved.
For more resources, visit www.mylemarks.com



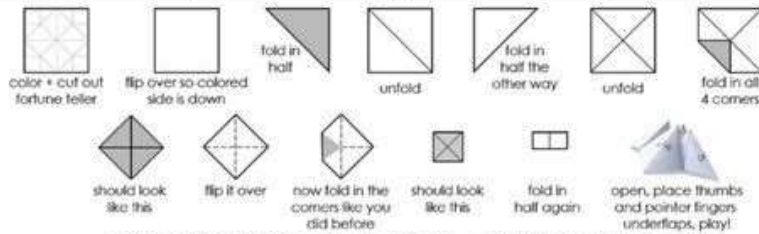
Coping Strategies

PRINTABLE FORTUNE TELLER

MY FORTUNE TELLER

COPING STRATEGIES ACTIVITY BY **Big Life Journal**

BLUE	6	7	RED
5	Make a fist, then release it.	Imagine your favorite place.	8
4	Draw a picture.	slow and deep, breathe out things you see.	1
GREEN	3	2	YELLOW
	Name five things you see.	Fill belly with air, breathe out things you see.	Say three things you hear.



PRINTABLES BY BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

ANXIETY ICEBERG REVISED



Coping with a lack of control

Overcoming Anxiety



Why Anxiety?

A feeling of anxiety occurs when you feel like you do not have control in your life. In order to regain control, you may lose sleep, have obsessive thinking, or avoid certain situations. This leads to a false sense of taking charge of your life. In reality, it perpetuates the problem.

Anxiety can seem like a mountain that is impossible to climb.

But it doesn't have to be this way

Worrying, obsessing, and panic can feel like a free fall with no safe place to land.

And where does it end?

Breathe...

Taking longer, slower breaths naturally calms your body down.

Exercise...

A regular exercise routine can help ease the natural tension that occurs and is associated with anxiety.

Talk...

Talking with a therapist or counselor can help you learn about what is leading to the feelings of anxiety, and give you tools to deal with the lack of control that you currently feel.

Time for a Safe Landing

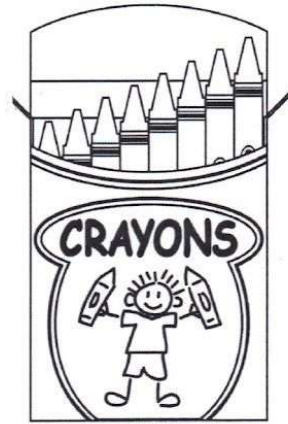
Before you know it, you will discover that you have better sleep, improved relationships, and new experiences. Don't wait, get help now.



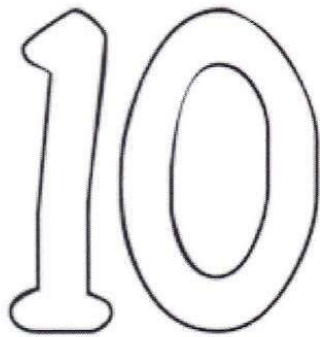
**Take a
Time-
out**



**Color
or
draw**



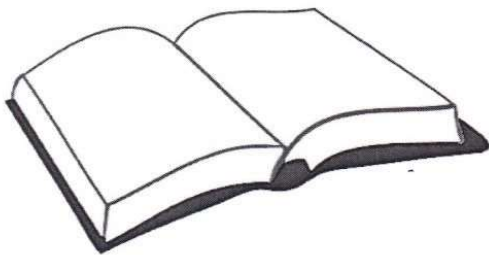
Count to



**Take a
deep
breath**



**Write
in journal**



Listen to music



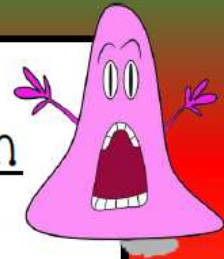
The Worry Monster Poem



I'm your little worry monster
I am always here
When worries pop into your head
Don't let them turn to fear

Take a piece of paper
Make sure you write your name
Explain your worry
Write it clear and plain

Put the worry into my mouth
And let me eat the fear
Put a smile upon your face
Then give a great big cheer!



©Debbie Palphreyman 2016

www.elsa-support.co.uk

Signs of stress overload



Check out the warning signs of stress overload.

Stress overload warning signs

- Cries easily and frequently over minor things
- Feeling depressed
- Feeling tired and exhausted
- Getting angry easily
- Withdrawing from family and friends
- Having trouble concentrating
- Acting out at home and at school
- Trouble sleeping (too much or too little)
- Changes in appetite (eat too much or eat too little)
- Frequent headaches and upset stomach
- Feeling pressured and overwhelmed
- Moody and irritable

WHAT KIDS WITH ANXIETY NEED TO KNOW.



You're brave.
You're resourceful.
You're a thinker.

You have everything you
need inside you to cope
with things brilliantly.. Don't
let your mind tell you that
you can't do hard things,
because you can.
You absolutely can.

WWW.HEYSIGMUND.COM



Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.



WHEN I'M FRUSTRATED...

- * OR SCARED
- * OR ANGRY
- * OR SAD
- * OR HAVE PAIN



I FEEL LIKE CRYING BUT... INSTEAD I CAN:

- * TAKE 5 DEEP BREATHS
- * THINK OF HAPPY THINGS
- * HAVE QUIET TIME (CHILL OUT)
- * TALK ABOUT IT



WHEN I FEEL CALM...

- * I TRY AGAIN
- * I SAY SORRY
- * I FINISH WHAT I WAS DOING
- * I FEEL HAPPY



INTRODUCING..

WORRYPUFFS

HAVE YOU EVER HAD A FLUTTERY FEELING IN YOUR TUMMY, OR FELT SICK WHEN YOU WERE WORRIED?



THAT'S WORRYPUFFS ARRIVING. SMALL AND FLUFFY, THEY'RE MADE UP OF ALL THE THINGS THAT MAKE YOU FEEL WORRIED OR ANXIOUS.



EVERYONE FEELS WORRIED SOMETIMES. BIG THINGS, LITTLE THINGS... SOMETIMES WE DON'T EVEN KNOW WHY WE'RE WORRIED!



IT'S OK THOUGH. IF YOU TALK, WRITE DOWN, OR DRAW WHAT YOU ARE FEELING AND SHARE IT WITH SOMEONE, SOON...



...YOU MAY JUST FIND YOUR WORRIES ARE MANAGEABLE AFTER ALL.

