



ANXIETY TALK

An Ellington Youth Services Series

We cannot get rid of anxiety. We cannot deny that it is a part of us. We can exist in discomfort. We want you to go through anxious experiences because we want you to learn how to cope. This is something we can all learn how to do and model to our kids.



An anchor; be there to give your child security, guide your child through grounding practices, help the child control their nervous system.

A home; give your child a safe place to fully experience uncomfortable emotions, remind your child the emotions are okay.



A witness; show your child that their emotions are seen, allow your child to experience emotions in front of you, don't be afraid of your child's reactions to emotions.

