

The background is a vibrant, abstract composition of various colors and patterns. It features large, organic shapes in shades of teal, orange, and yellow. These shapes are filled with different textures: some have a fine dot pattern, others have wavy lines, and some have a grid of small crosses. The overall aesthetic is modern and artistic, with a focus on geometric and organic forms.

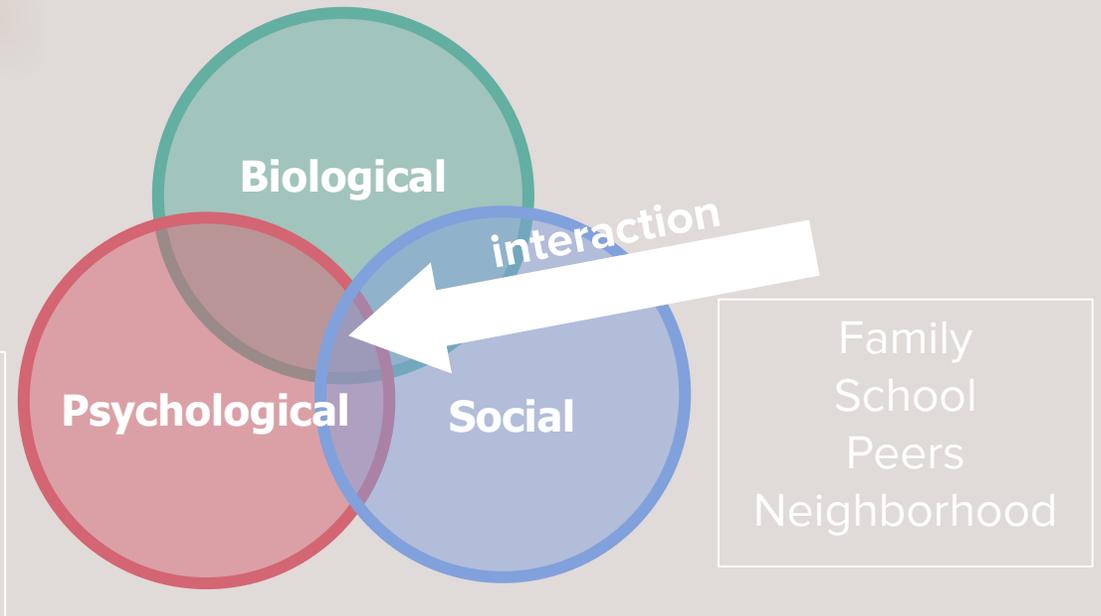
Tools to Help Your Child Cope with Stress and Anxiety

What triggers stress and anxiety?



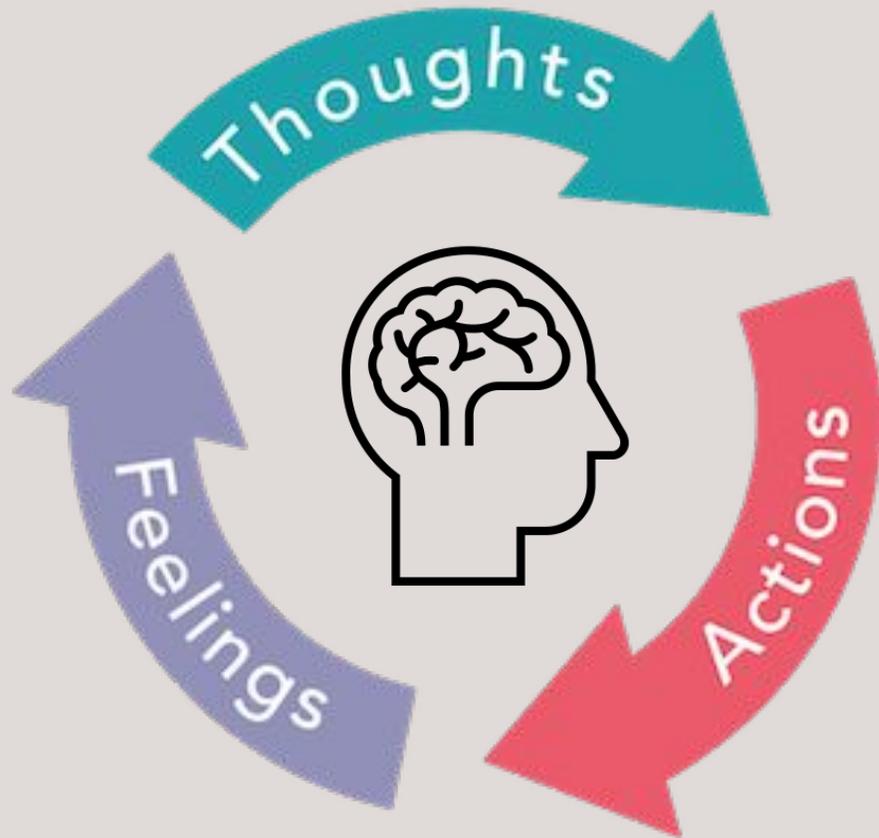
Biopsychosocial Model of Anxiety

Genetics
Chemical imbalance
Other medical disorders



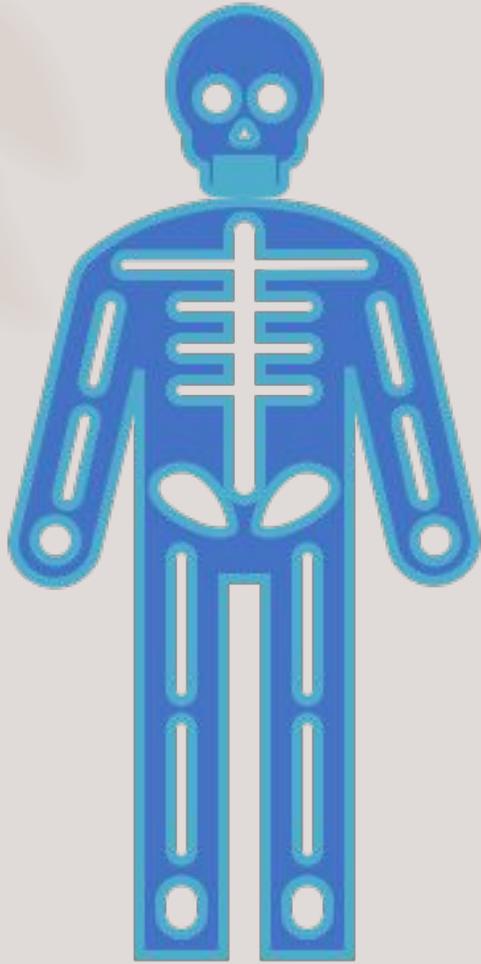
Thought patterns
Emotions
Self-esteem
Behavior

Family
School
Peers
Neighborhood



Cognitive Model

Sometimes we can get trapped in an endless cycle



What are the
symptoms?

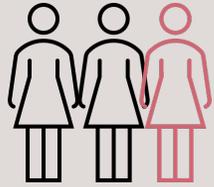
Anxiety Symptoms

- Excessive **anxiety** and worry about a number of events or activities
 - Difficulty **controlling** the worry
 - **Restlessness** or feeling on edge
 - Easily **fatigued**
 - Difficulty **concentrating** or mind going blank
 - **Irritability**
 - Muscle **tension**
 - **Sleep** disturbance

Clinical Anxiety

Symptoms are happening most days,
and are too intense for the person to
manage on their own

How common is anxiety?



1 in 3 teenagers (33%)
experience clinical
anxiety before age 18

Stigma

noun - shame or disgrace attached to something regarded as socially unacceptable based on negative stereotypes

There is still a lot of stigma attached to mental illness because our society views it as unacceptable and similar to being “crazy,” “different,” or “abnormal.”

Examples of stigma about anxiety

- “They’re doing it just to get attention”
- “It’s a phase – they’re just being teenagers”
- “They’re being dramatic; they should just stop worrying so much”

How do we combat stigma?

LEARN

Learn about anxiety

- What it is
- What it looks like
- Where it comes from
- How common it is

DISCUSS

Have conversations about stress and anxiety

SUPPORT

Explore ways to offer support

What is helpful for dealing with stress and anxiety?



- Preventative coping skills
 - Good sleep hygiene, good diet, regular exercise, maintain healthy relationships, stay organized
- Distress tolerance skills
 - Thoughts- talk to someone, tell yourself something nice, problem solving
 - Actions– distractors, like showering, watching a movie or TV, reading, playing a game, listening to music, take a walk
 - Feelings – cry, vent



What can I do to help
my child?

Supporting your child

Check-in with your child

Accept what they tell you without judgement, do not criticize or punish them

Give them specific examples of behaviors that are worrying you or that have been quite different than what they usually do

Show you care by saying things like, "I'm here if you need someone to talk to."

If your child is really struggling, discuss options for finding additional help (e.g., communicating with teachers, referring to counseling services.)



What are examples of coping tools that might be helpful for your child?

Breathe!



Mindfulness Exercises to Reduce Stress & Anxiety

What is mindfulness?

mind·ful·ness

/ˈmɪn(d)f(ə)lnəs/

noun

1. the quality or state of being conscious or aware of something.

"their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness Exercises for Young Kids

- noticing colors (around the home, on a walk)
- coloring activity
- intentional breathing (smell the hot cocoa, blow on the steam; pinwheel)
- muscle relaxation (use language that is easier for young kids to understand - squeeze the grapefruit, give yourself a big hug, etc.)

Mindfulness Exercises for Teens & Adults

Name

 **5** things you **SEE**

4 things you **HEAR**



 **3** things you **TOUCH**

2 things you **SMELL**



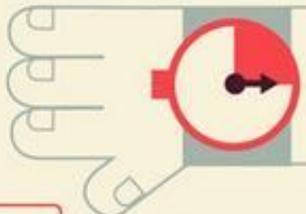
 **1** thing you **TASTE**

Mindfulness Exercises for Teens & Adults (cont.)

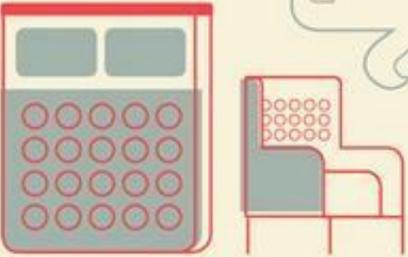
RELAXATION HINTS & TIPS

BEFORE YOUR BEGIN

Set aside about 15 minutes to complete these exercises



Choose a space and a position that is comfortable such as sitting in an armchair or lying on your bed



DURING YOUR RELAXATION REMEMBER TO

HOLD each muscle tension for **5 SECONDS**

PAUSE for **10 SECONDS** and breathe deeply in between each muscle tension



- FOREHEAD**
Raise your eyebrows as far as you can
- EYES**
Clench your eyelids tightly shut
- MOUTH**
Open your mouth wide enough to stretch the hinges of your jaw
- NECK + SHOULDERS**
Raise your shoulders up to touch your ears
- CHEST**
Tighten by taking a deep breath
- STOMACH**
Suck your stomach in
- ENTIRE RIGHT ARM + HAND**
Tighten your biceps by drawing your forearm up towards your shoulder and "make a muscle", while clenching fist. Repeat with left arm and hand
- BUTTOCKS**
Tighten by pulling your buttocks together
- ENTIRE RIGHT LEG**
Squeeze thigh muscles while pulling toes upwards towards you. Repeat with left leg
- FEET**
Curl your toes downwards

Technology as a Tool for Self Care

Insight Timer FREE

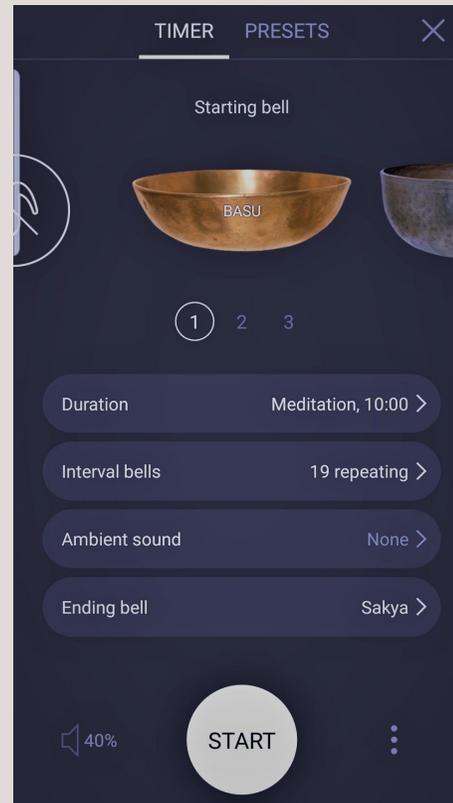
Calm

Finch

Breathe

Aware

Headspace



MindUp.org → FREE! Also includes lots of information for parents and teachers re: supporting kids' mental health

Activity: Safety Plan

STEP 1: Identify which emotions are most difficult for you to manage.

STEP 2: Identify which types of situations are likely to trigger the emotions you identified in step one.

STEP 3: Identify the signs that you are those around you might notice when your emotions are becoming overwhelming (ie: crying, pacing, isolating, etc).

STEP 4: Identify 5 things that you can do to keep yourself and those around you physically, emotionally, socially, and morally safe. Some of those things should be things others can help you with, and others should be internal.

Questions?

