



# ANXIETY SUPPORT AT HOME

## Simple Steps to Help in the Moment

### When Your Teen Feels Anxious – Start Here

Pause. Breathe. Connect. Anxiety is common and manageable.

Say:

- “That makes sense.”
- “I’m glad you told me.”
- “We can handle this together.”

### GROUND THE BODY (2 MINUTES) 5-4-3-2-1 GROUNDING

Name 5 things you can see  
Name 4 things you can touch  
Name 3 things you can hear  
Name 2 things you can smell  
Name 1 thing you can taste

### CALM THE BREATH (1-2 MINUTES) 3-5 BELLY BREATHING

- Place one hand on your chest and one hand on your belly
- Breathe in through your nose for 3 counts, letting your belly rise while keeping your chest still
- Breathe out through your mouth for 5 counts, letting your belly fall
- Repeat 3-5 times

**Tip: A longer exhale helps signal calm to the brain**

### RESET THE BODY (1 MINUTE) ACUPRESSURE BREATHING

- Locate the soft muscle between your thumb and index finger
- Gently press and massage this spot using your other hand
- Massage and breathe in rhythm

**Notice any shift in your body or sense of calm**

### KNOW WHEN TO REACH OUT

Contact school staff if anxiety:

- Affects attendance or grades
- Impacts sleep, eating, or relationships
- Doesn't improve with support

HF Is Here to Help

- Student Support Team: School Counselor, School Social Worker, School Psychologist & Dean
- Skill-building groups
- Family-school collaboration

**Reach out to your student's school counselor with questions.**

**[fhhighschool.org/student-supports/contacts](http://fhhighschool.org/student-supports/contacts)**

### REDUCE THE LOAD

- Break tasks into small steps
- Use checklists, planners, or color-coding
- Focus on progress, not perfection



**Homewood-Flossmoor  
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