

2024 [Rady's Mental Health Webinar Series](#)

Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

May 15, 2024

[When Anxiety Attacks: How You Can Help](#)

Tammy Maginot, PhD

Short description of webinar: *While anxiety and stress are common aspects of life, they can sometimes become overwhelming or debilitating. Discover tips and tools from Tammy Maginot, PhD, to effectively manage and reduce anxiety at home, both for yourself and the youth you care about.*

Pre-Webinar Activity:

1. What are some things that your youth may be feeling most anxious about?

As you watch the webinar, be looking for information and strategies to support them.

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Post-Webinar:

1. **Thinking about the youth in your life over time, have you observed changes in any of these signs of anxiety? If so, which signs have shifted, and what differences have you noticed?**

Possible answers:

- Reassurance seeking
- Crying more than usual
- Feeling restless or on-edge
- Easily Fatigued
- Difficulty concentrating
- Irritability
- Physical symptoms
- Sleep Issues
- Avoiding or escaping



2. **Have you noticed any signs of Separation Anxiety Disorder among youth in your life?**

Possible answers:

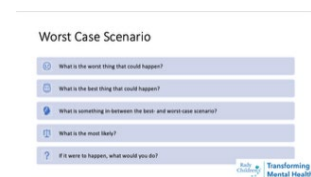
- Constant thoughts and intense fears about parent and caregiver safety
- Refusing to go to school or separate from parent/caregiver
- Frequent stomachaches and other physical complaints (Sunday night/Monday morning)
- Extreme worries about sleeping away from home
- Being overly clingy
- Panic or tantrums at times of separation from parents
- Trouble sleeping or nightmares



3. **Which of the “Worst Case Scenario” strategy questions do you think would be most helpful to you when using this skill to support the youth in your life?**

Possible answers:

- What is the worst thing that could happen?
- What is the best thing that could happen?
- What is something in-between the best-and worst-case scenario?
- What is the most likely?
- If it were to happen, what would you do?



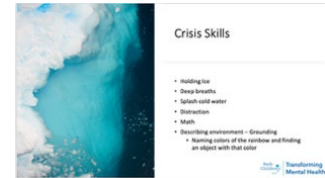
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4. Review the list of Crisis Skills that help people manage anxiety. Are there any strategies you might try to self-regulate or assist others who are experiencing anxiety?

Possible answers:

- Holding Ice
- Deep breaths
- Splash cold water
- Distraction
- Math
- Describing environment – Grounding (name colors of the rainbow and find an object with that color object)



5. Which of the following parent contributions do you think work best for you and the youth in your life? Which are new to you? Which would you benefit from practicing more?

Possible answers:

- Set clear and realistic expectations
- There is no avoiding it
- Model how you handle worries
- Let your child worry
- Reframe it & Redirect
- Maintain a schedule and healthy lifestyle
- Empathize

