

10

WAYS TO HELP YOUR TEEN DEAL WITH ANXIETY



1. UNDERSTAND ANXIETY

Anxiety is a fear of the future and its unpredictability. It involves some level of perception of danger, as the mind of a teen with anxiety is often on the lookout for some threat. This persistent vigilant state can be exhausting.

2. TAKE ADVANTAGE OF EXISTING RESOURCES

There are many books and online resources that can help you develop the right strategy to help your child deal with anxiety.

3. LOOK FOR PHYSICAL SIGNS

Anxiety can be difficult to detect because there are no clear external signs when someone is suffering. A stomachache, headache, or vomiting can all signal anxious feelings, especially as a child gets closer to the source of the anxiety.

4. FOCUS ON RELAXATION BEFORE REASONING

When your child is suffering from a panic attack or is overcome by anxiety, the first step is to help them calm down. Only then will they be able to move forward. Start with deep belly breathing.

5. ACKNOWLEDGE THE FEAR

Never dismiss what is making them anxious, no matter how irrational it may seem. Use phrases such as, "I know you are uncomfortable and are having scary feelings." It's crucial that children feel heard and respected.

6. HELP CONFRONT THE FEAR

This can be a difficult balance because you need to respect your child's fear, but not give into it. Avoiding certain things can suggest to your child that there is a reason to be anxious or afraid of things that are difficult.

7. DEVELOP A PLAN WITH SMALL STEPS

Help your child come up with a plan to face their fears. This may involve professional help. As they make progress, use rewards to celebrate.

8. SEEK PROFESSIONAL HELP

If you and your child are unable to come up with a plan and see progress, talk to a mental health professional about techniques and methods that you can use or therapeutic options for your child.

9. PRACTICE SELF-CARE

It can be easy to feel overwhelmed or even anxious about your child if they are dealing with anxiety issues. Remember that a key to helping your child is making sure that you are healthy and in a good mental state.

10. KEEP THINGS IN PERSPECTIVE

Seeing your child suffer from anxiety can be very difficult, but there are two important things to always keep in mind: Anxiety is common, and it is treatable. You are not alone, and there is light at the end of the tunnel.



A PARENT'S ROLE

Helping your child deal with anxiety can be challenging, but there are many resources available to you. The steps presented here are helpful, but if you need additional guidance to help with a specific case for your teen, do not hesitate to reach out to a mental health professional.

Many teens face anxiety or other mental health concerns, so you do not have to confront this challenge alone. There many people with professional expertise that can help you. Always remember the importance of communication, understanding, and involvement.

**YOU CAN HELP YOUR TEEN
OVERCOME ANXIETY.**

ADDITIONAL RESOURCES

Healthy Children
www.healthychildren.org/English/family-life

Child Mind Institute
childmind.org/topics/anxiety/