

TIPS TO HELP REDUCE ANXIETY

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem. Rather than moving right to fixing, try to remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life. Here are some things you can try.

TALK

Talk to your child about their anxiety and worries

SOLUTIONS

Explore solutions with your child to overcome worry

RELAXATION

Teach your child relaxation techniques including deep breathing

ENVIRONMENT

Create a positive environment where you support and encourage your child

SLEEP

Make sure your child is getting plenty of sleep

ROLE MODEL

Be a positive role model & be aware of how you react to situations

RECOGNIZE

Help your child recognize their signs of anxiety

PROBLEM SOLVE

Help your child problem solve effectively

LISTEN/OBSERVE

Listen to what your child has to say and observe their behaviors

GET HELP

Don't be afraid or hesitant to ask a professional for help