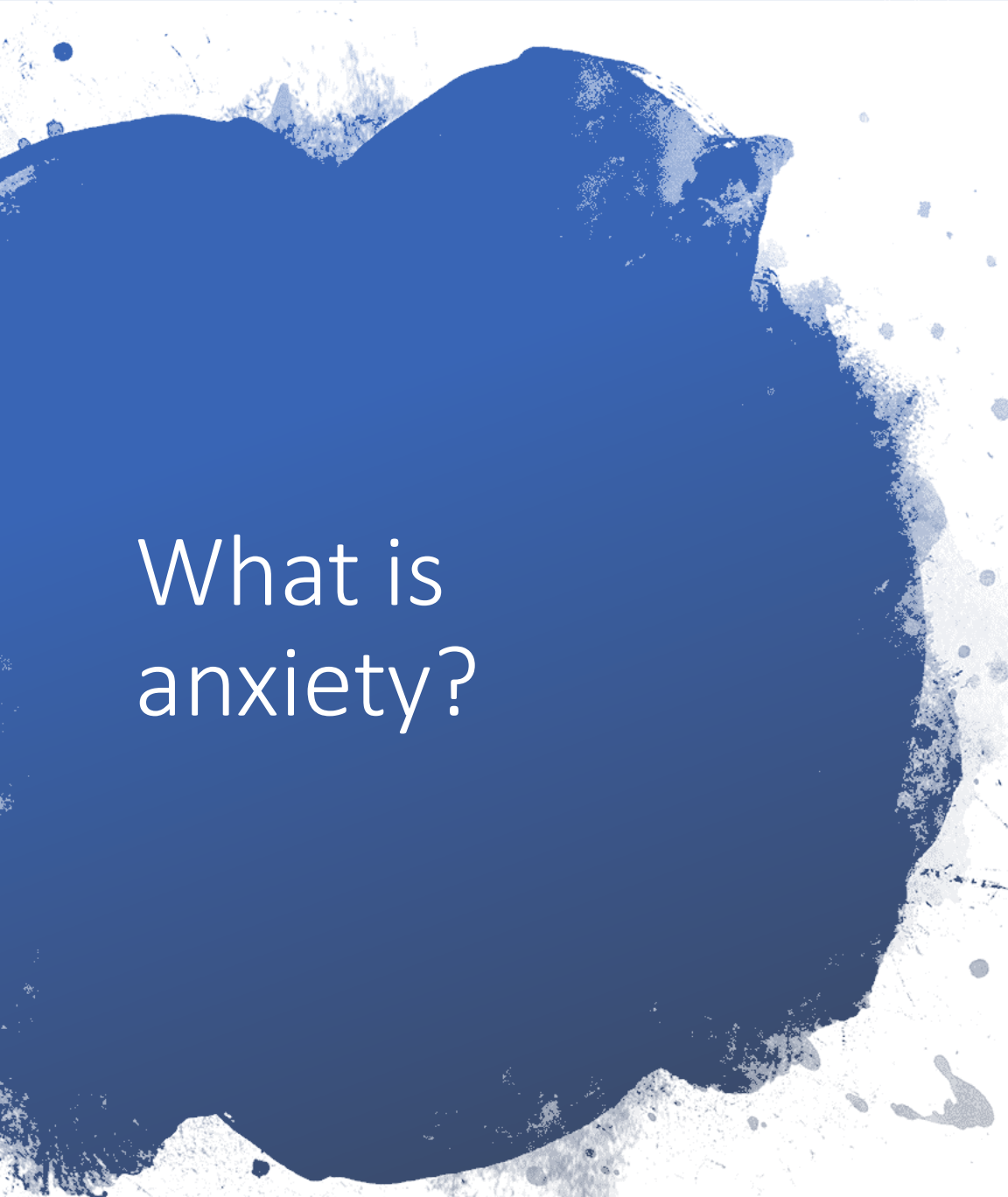




Healthy minds, healthy bodies.™

Anxiety 101

Helping Your Child Successfully Recognize
and Manage Symptoms



What is anxiety?

- Affects 1 in 8 children
- Anxiety relates to the worry about what “might” happen, worrying about things going wrong, or feeling in danger
- Anxiety disorder vs. normal worries
- *Anxiety disorder is prolonged intense anxiety that is out of proportion to the situation and affect a child’s ability to get things done*

Anxiety Facts



Anxiety disorders are treatable yet only 36.9% of those who are struggling with anxiety receive treatment



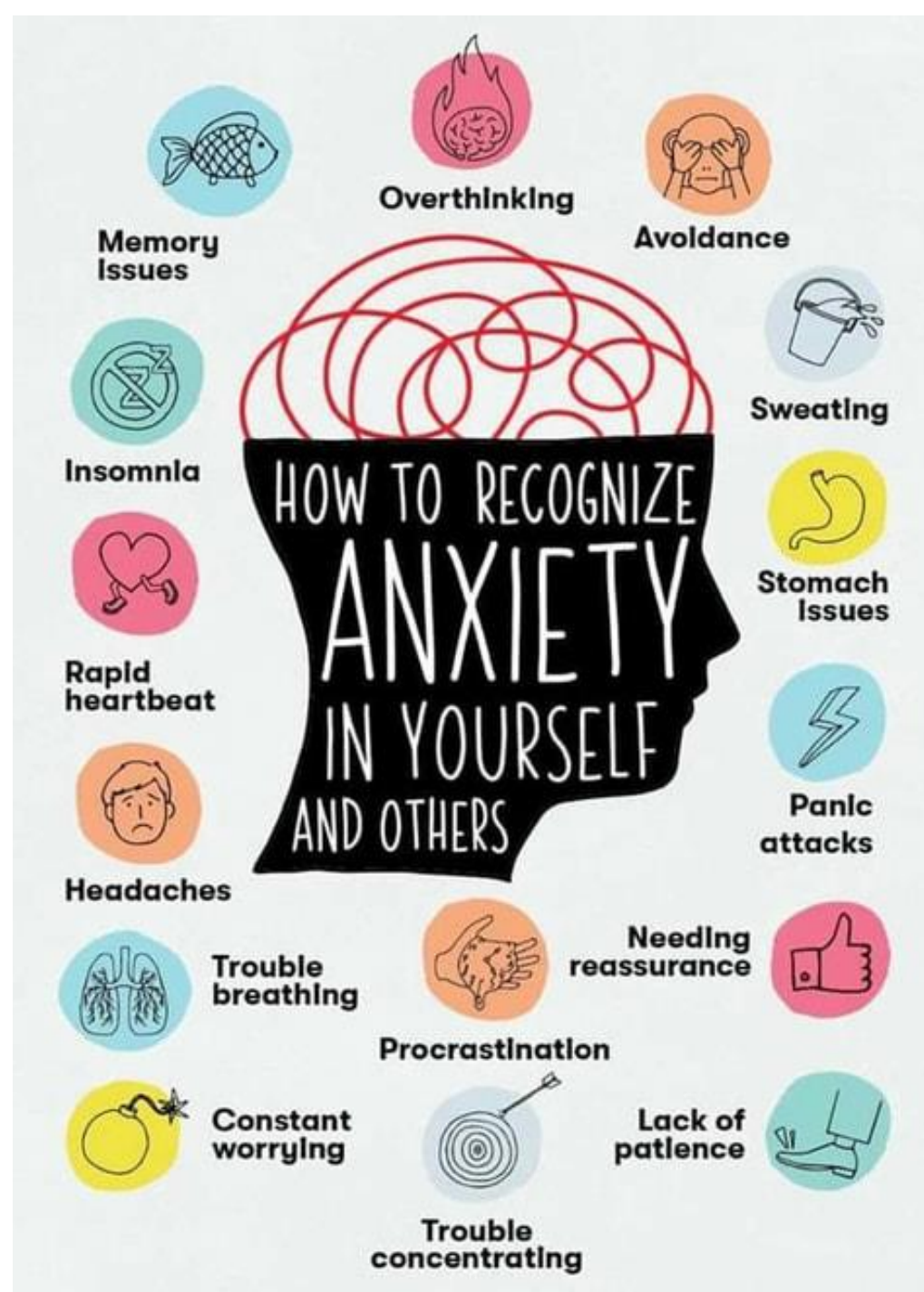
Anxiety disorders develop from brain chemistry, genetics, personality, and life events



32% of the US population under the age of 18 have an anxiety disorder




People with an anxiety disorder are 3 to 5 times more likely to visit a doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not carry this diagnosis



DISCUSSION

What signs/symptoms have you noticed in your children at home?



What are some
signs and
symptoms to
look for?

- Difficulty focusing
- Frequent fatigue from reported lack of sleep
- Feelings of being restless or on edge
- Frequent bathroom use
- Fear of talking in front of a group
- Fear of scrutiny or judgement
- Avoidance behaviors
- Tantrums or meltdowns
- Psychosomatic complaints (headaches, stomach aches, etc)
- Excessive worry

Different types of anxiety

Generalized Anxiety

Social Anxiety

Specific Phobia

Panic Disorder

Separation Anxiety

Where do I begin?... Talking about it!



Acknowledging and identifying that it is okay to worry is important



Create an open communication between you and your child about what they are feeling and encourage them to express this to you in a safe place




The goal isn't to eliminate your child's anxiety, but to help them learn to cope with it

- Do: encourage them to learn coping skills to utilize so they can function as best they can
- Do not: Try to remove all stressors that trigger their anxiety

DISCUSSION

What has helped your child calm down? How have you helped him/her relax?



Tips for helping to reduce anxiety in your home

- Express positive and realistic expectations of your child
- Let them learn to do things on their own, even if they don't succeed the first time
- Help your child to understand and express their feelings in a healthy way
- Stay calm when your child begins to experience anxiety
- Recognize and praise small accomplishments and efforts
- Plan for transitions
- Be open to talking with your children about these feelings – create a safe place
- Focus on the positives
- Model self-care

Self Care



Hydration



Personal Hygiene



Diet & Exercise/Physical Activity



Rest/Sleep Hygiene



Rewards



Recharge

COPING STRATEGIES



DEEP BREATHING/BELLY
BREATHING



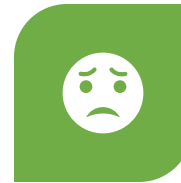
GROUNDING EXERCISES



POSITIVE SELF-TALK
STATEMENTS



GUIDED IMAGERY



WORRY JAR/WORRY
JOURNAL



PROGRESSIVE MUSCLE
RELAXATION



THOUGHT STOPPING/
TALKING TO THE
ANXIETY

Types of Coping Skills

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

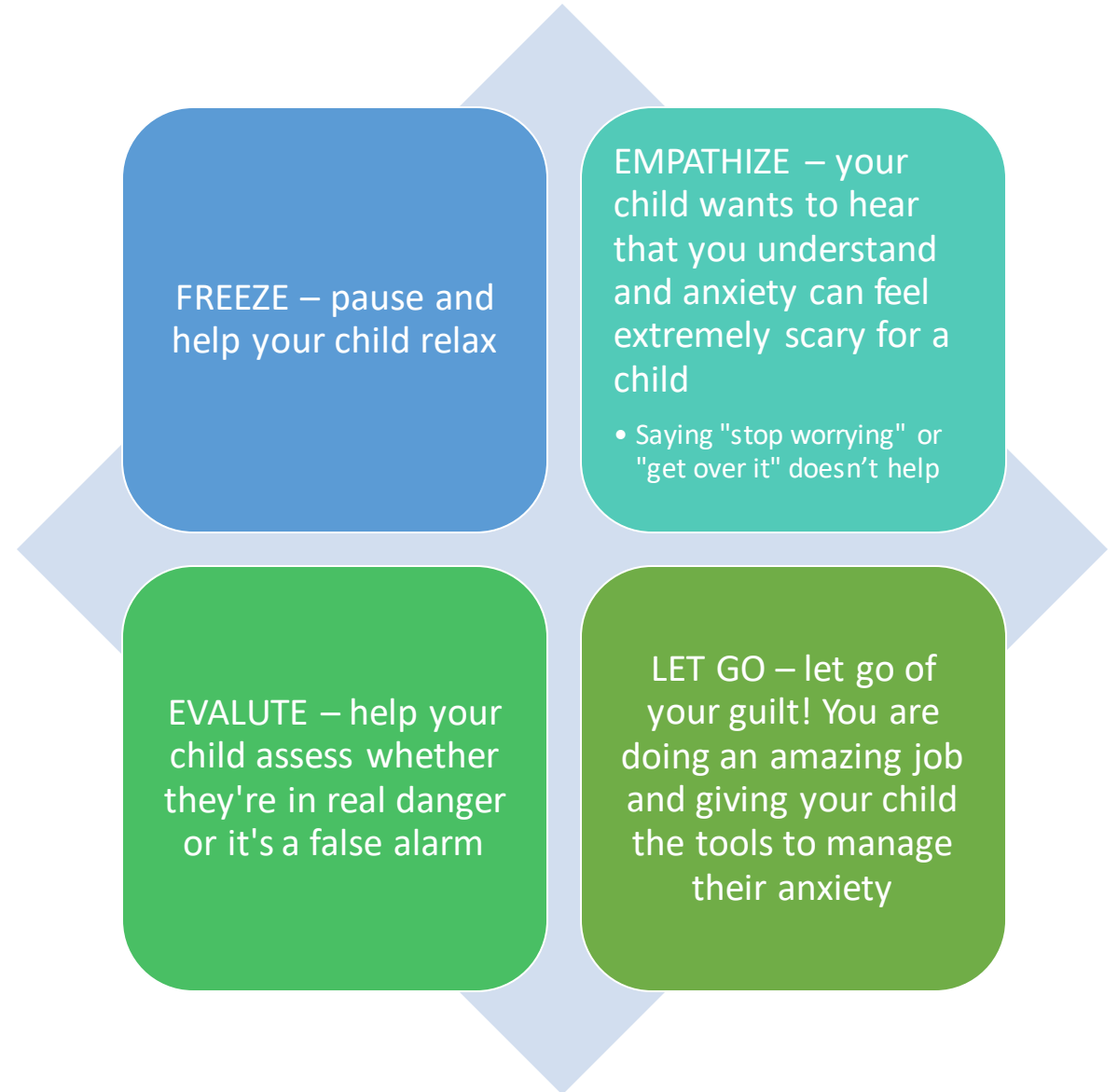
Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

When your child is feeling anxious “FEEL”



Apps that are helpful for children



Calm



Breathe Kids



Mindfulnessf...



Breethe



Headspace

Children's Mobile Response & Crisis Stabilization System

24-Hour/7 Days a Week Crisis Intervention and Stabilization for
Children and Youth in Bergen County

Children's Mobile responds to the needs of children and families in crisis in Bergen County. It strives to maintain children in safe and stable living arrangements by providing interventions designed to stabilize and improve relationships within the family while also addressing areas of stress.

Program Goals: Maintain children in safe and stable living arrangements in the community, thereby reducing the need for out-of-home placement or psychiatric hospitalization.

The Specialized Services of the Program Include...

- Response to site of crisis within 1 hour
- Crisis de-escalation and safety assessment
- Treatment planning
- Provision and management of stabilization services for 8 weeks
- Discharge planning, including referral for ongoing services in the community as needed

To make a referral or for help, call 877-652-7624

OUR PHILOSOPHY

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential.

With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.

Just a phone call away

Remember...

The goal isn't to eliminate, it's to **manage**.

Reinforce their abilities to cope, instead of setting expectations.

Validation of their feelings doesn't necessarily mean agreeing with their feelings.

Try to ask open-ended questions rather than lead with "are you anxious about..."

Behavior

Anxiety

Feelings

embarrassed
ashamed
disgusted
overwhelmed
depressed
stuck
jealous
disrespected
offended
frustrated
confused
helpless
hurt
insecure
regret
uncomfortable
rejected
sad
grief
lonely
tired



Questions?



Helpful links!

National Mental Health Association

- <http://www.nmha.org>

Anxiety Disorders Association of America

- www.adaa.org

Anxiety BC – resources for children and parents

- <https://www.anxietybc.com/resources/video/children>

Child Mind – helpful tips for what to do and not do when children are anxious

- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Guided breathing meditation for youth

- <https://www.youtube.com/watch?v=CvF9AEe-ozc>

Deep breathing exercise for youth

- <https://www.youtube.com/watch?v=Uxbdx-SeOOo>



Resources

- <http://kidshealth.org/en/parents/anxiety-disorders.html>
- <https://adaa.org/sites/default/files/Anxiety%20Disorders%20in%20Children.pdf>
- <https://www.psycom.net/classroom-help-anxious-child-at-school/>
- <http://youth.anxietybc.com>
- <https://www.anxietybc.com/educators>
- https://www.huffingtonpost.com/renee-jain/9-things-every-parent-with-an-anxious-child-should-try_b_5651006.html
- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml>
- <https://adaa.org/about-adaa/press-room/facts-statistics#>
- <https://www.nami.org/getattachment/Learn-More/Mental-Health-by-the-Numbers/childrenmhfacts.pdf>