Strategies for Parents and Caregivers

Talking to your child about anxiety is key to helping them manage anxieties



- 1. Anxiety is normal
 - Describe situations that your child may experience that may experience that may cause anxiety
- 2. Understand how anxiety can trigger fight, flight, or freeze response
 - Anxiety is the brain's internal alarm system
 - Sometimes our brains are very tricky, and we can misinterpret a catastrophe when it is a normal challenge

4 Strategies to Help Your Child Handle Adversity

1. Help your child identify and recognize anxiety

Teach your child what anxiety feels and looks like in the body

2. Befriend the Body

- Teach your child ways to calm the body
- Breathing and comforting touch are signals for the brain to release neurochemicals that can soothe the body,

3. Befriend the Mind

- Our brain has what is called negativity bias; it is automatic ans doesn't require any thinking at all
- Cultivate a positivity bias: Teaching to take a pause and recognize the small moments of delight in their day.

4. Change anxious thought

- Identify the unhelpful though
- Check for the unhelpful thought: Is this a real or false alarm?
- Change the unhelpful thought: Use encouraging language and think about the next steps

One of the most impactful things that you can do to help your child manage anxiety is to model self-care.

- Take quiet deep breaths
- Practice patience

Managing Test Anxiety





Virtual Calming Room



Anxiety Tips for Secondary Students



Brain Break Video



Test Anxiety for Kids