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 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 and 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 thought
   - 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

- Prepare well.
- Breathe deeply.
- Relax.
- Engage in positive self-talk.
- Remain calm.

Virtual Calming Room
Anxiety Tips for Secondary Students
Brain Break Video
Test Anxiety for Kids