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MY TOP IDEAS ON MANAGING ANXIETY



Talk about emotions and feelings, you are a great model
Frustrated, worried, brave, caring, curious, disappointed, excited,
calm, embarrassed, persistent, worried.

"I am sad about that now, but I will feel better in a while"

Help your negative thoughts by:

Listening, remaining calm, give yourself the time out if you are not
calm. Try the accept, validate and manage steps.

All feelings are accepted, try not to reassure unfortunately it won't
help the anxiety. Be consistent

Teach your child about anxiety and their amygdala

Teach them to breathe through the nose, help them with
mindfulness and safe place exercise to use if they become
anxious. All on my website.

Try not to say " don't worry" it will go away, as it won't!

Give the anxiety a name, such as the "worry boss" "the
sacredness" rate it, is it 9 out of ten or big arms or little

This will give you an idea of what to what extent it is.

Play with them, give them a positive time. This will help to regulate
them and prevents secondary gain.

When you have completed those tasks, you can work with your
child on exposing them to small amounts of anxiety

Use the ladder of success, one rung at a time. Use the problem-
solving technique, tell them the more they avoid it the worse it will
get. Give them loads of praise and rewards!!

Help them to problem solve if something goes wrong. What will
happen if this occurs etc? Good Luck! you are awesome parents