



ANXIETY is a natural and usually short-lived reaction to a stressful situation, associated with feelings of worry, nervousness or apprehension.

THE AUSTRALIAN PSYCHOLOGICAL SOCIETY

where is this coming from?

- .01** the cognitive hypothesis
- .02** the neuro-biology hypothesis
- .03** the parenting hypothesis



To deal effectively with **anxiety in our children**, we have to deal effectively with **anxiety in ourselves** about our children

ANXIETY IS **normal & healthy**



10 WAYS ANXIETY SHOWS UP

1. School Refusal
2. Anger
3. What if?
4. Tears... and "I don't know..."
5. Can't walk/ Sore limbs
6. Can't sleep
7. Jittery/Bouncy
8. Sore tummy
9. Feeling "sick"
10. Clingy

what do we do about it?

option 1: avoid it

option 2: push through it

remember: avoidance reinforces anxiety. Don't avoid it just because it's hard.

- Connect with others
- Be active
- Remember thoughts are thoughts – not facts
- Encourage mindfulness
- Get curious
- Build hope
- Get help if you need it