

QUICK TIPS

Helping Anxious Kids



don't try to eliminate anxiety

Help them learn how to manage anxious feelings when they come up. This will lessen their anxiety over time.



practice reframing

Working on reframing anxious thoughts can help a child take back control over their thoughts. How can you change a worrying thought into a positive thought?



set goals

It's never too early to help your child learn to set & achieve goals. Set daily, weekly, and monthly goals with their common triggers and stressors in mind.



be a good example

Model healthy coping so your child can see that stress is inevitable, but there are healthy ways to manage it.



find the right coping skills

Not every coping method will work for every child. Test different ideas until you find what works best for your child. Some things to try include: using a stress ball, exercise, journaling, deep breathing, meditation, or talking to a therapist or counselor.



set them up for success

Be sure your child is eating healthy, getting enough sleep, spending time outside, getting exercise, and staying hydrated. It won't eliminate their anxiety, but it will help them better cope when it arises.



get outside help

Don't be afraid to utilize child and family therapy to help your anxious child manage their feelings.



take care of yourself

If you aren't taking care of yourself first, you will not have the capacity to help your child. Be sure you prioritize your physical and mental health so that you can best care for your child.