

# TIPS FOR KIDS AND/OR TEENS

## **FIND WAYS TO RELAX.**

- When you experience stress or anxiety, your muscles tense up, your heart rate increases, and your breathing becomes shallower. Taking deep breaths, instead of shallow breaths, is one way to help your body get back to a resting state.
- Pretend your belly is a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.
- Count slowly to 4 when you breathe in and count slowly to 4 as you breathe out.

## **FACE YOUR FEARS.**

- Gradually face the things you fear. This process is called exposure and involves slowly and repeatedly facing things you fear until you become less anxious. Use your deep breathing (see above) to help you deal with your fear.

## **TAKE CHARGE OF YOUR THINKING.**

- Pay attention to what you are saying to yourself. When you worry, your thoughts can be extreme and overly negative.
- Ask yourself, “What would I tell my friend if they were in this situation?” or “What’s the worst thing that could happen? If the worst thing DID happen, what could I do to handle it?” Think of all the times you’ve been able to handle a tough problem.



## **FOCUS ON GETTING ENOUGH SLEEP.**

- We are more likely to get upset or feel down if we don’t get enough rest. Try to make the hour before you go to bed peaceful and relaxing. Try to stay away from your phone and the TV, since the light tricks your brain into thinking it is daytime.

## **GET SUPPORT!**

- A therapist, such as a psychologist, social worker or counselor can help you understand and manage your moods and feelings. Effective treatments for anxiety include talk therapy (Cognitive Behavioral Therapy; CBT) or a combination of talk therapy and medicine.
- You can call a helpline such as 1-800-273-TALK, Text “CONNECT” to 741741 or call 911 if you are in a crisis or want to hurt yourself.

## **RESOURCES**

<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/opal-k/upload/Care-Guide-Complete.pdf>

[https://www.michiganspeechhearing.org/docs/Kotrba\\_MSHA\\_presentation\\_march\\_2017.pdf](https://www.michiganspeechhearing.org/docs/Kotrba_MSHA_presentation_march_2017.pdf)

<https://adaa.org/sites/default/files/Anxiety%20Disorders%20in%20Children.pdf>

<https://www.nimh.nih.gov/health/statistics/prevalence/any-anxiety-disorder-among-children.shtml>

[Therapistaid.com](http://Therapistaid.com) (Talking to your child about Anxiety)