

WHAT IF I DON'T GET
ASKED TO PROM?

AM I SAFE? IS MY
FAMILY SAFE?

WHAT IF I CAN'T
AFFORD COLLEGE?

WHAT IF PEOPLE
HATE ME?



WHAT IF MY
GRADES AREN'T
GOOD ENOUGH?

WHAT IF MY
TEACHER DOESN'T
LIKE ME?

WHAT IF MY
PARENTS CAN'T
HELP?

CAN MY FAMILY
AFFORD IT?

THE WORRYING CHILD

ADULTS WELCOME TOO!

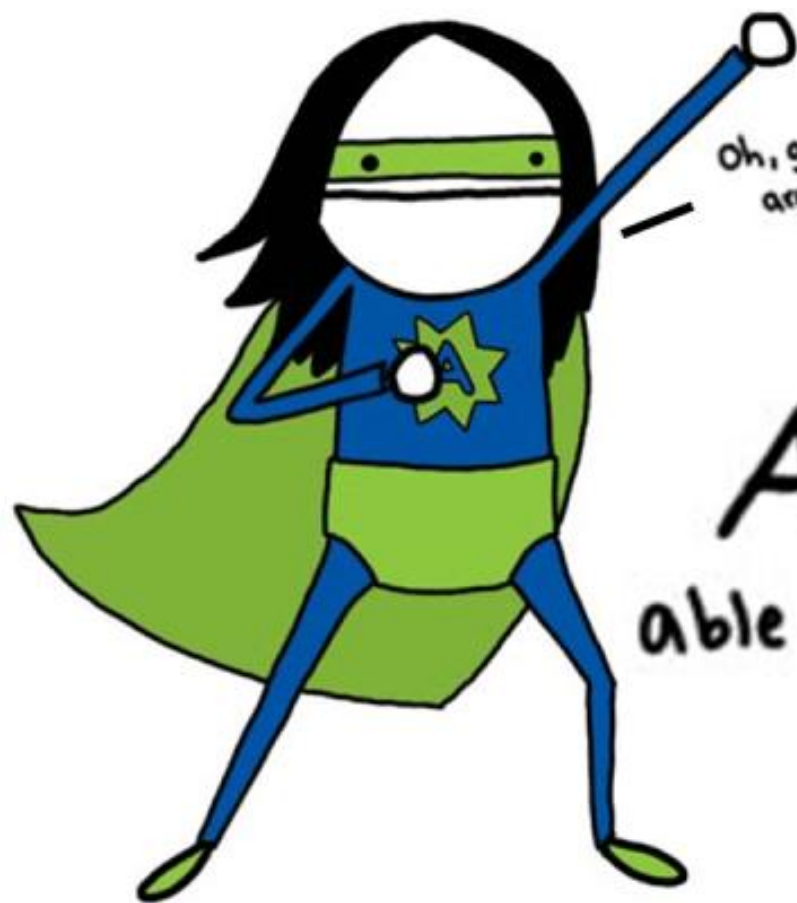


**DeAngelis Center
Foundation**

Where do all these worries come from?

What do we do to manage them?





Oh, good grief... these tights
are too tight. i think i'm
gonna die!!

ANXIETY GIRL!

able to jump to the worst conclusion
in a single bound!

MY ANXIETIES HAVE ANXIETIES.



Connections

Therapist: So when do you think
your anxiety started?

Me:



sometimes i feel like i have my life
together and then im like

wow

that was a really nice 45 seconds



Do you recognize this child?

Anxious kids might:

- *Seem withdrawn or angry*
- *Deny that there's a problem*
- *Become or seem emotionally numb*
- *Play more aggressively*
- *Frequently re-create past traumatic situations*
- *Avoid new situations*
- *Develop bodily symptoms such as pains, aches, and racing heart*

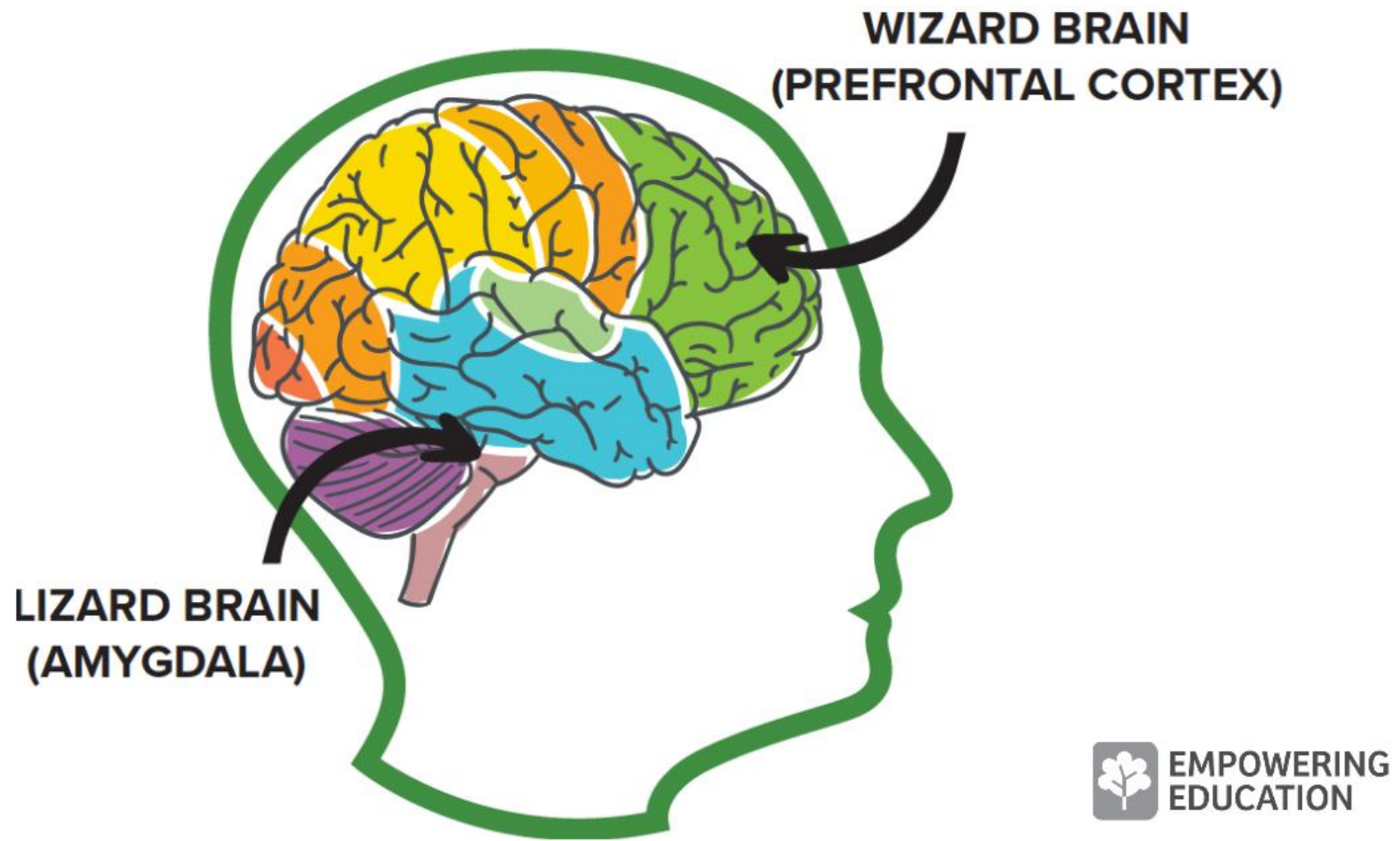


ANXIETY

iceberg



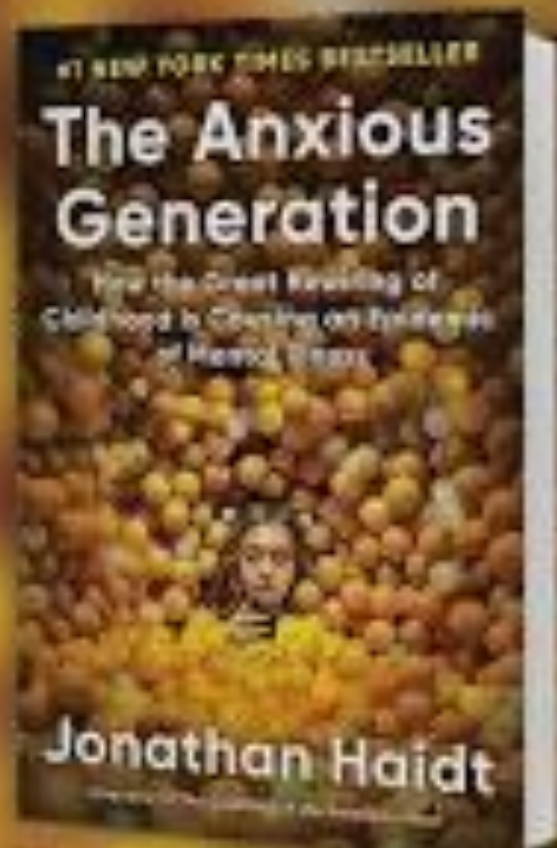
We can't just look at behavior, we need to go deeper and see what is driving behavior



FLIP
YOUR

LID





WGN 9
WGN-TV

Presque Isle Park Today ☁ Mostly cloudy; afternoon fallow chance, 55-65-62° 44-50°

Big Changes in kids and teen mental health between 2010 and 2015. Prior to 2015 most kids have flip phone and were doing okay.

Haidt's research shows the smartphone doing the most damage for girls and video games (and sometimes pornography) are doing the most for boys.

Two main errors in parenting

Overprotecting children in real life

Underprotecting them on line (particularly vulnerable during puberty)

Suggested reforms from The Anxious Generation by Jonathan Haidt

1. No Smartphones before High School - basic phones only - limited apps and no internet - until 9th grade or approximately age 14
2. No social media until age 16 - let kids get through the most vulnerable period of brain development before “connecting them to a firehose of social comparison and algorithmically chosen influencers” (p.15)
3. Phone-free schools - store phones, smart watches and any personal device that can send or receive texts in phone lockers or locked pouches throughout the day. This is the only way to free up their attention for each other and teachers
4. Far more unsupervised play and childhood independence - allows kids to naturally develop social skills, overcome anxiety and become self governing young adults

MAKE YOUR **WORRIER** a **WARRIOR**

A Guide to
Conquering
Your Child's
Fears

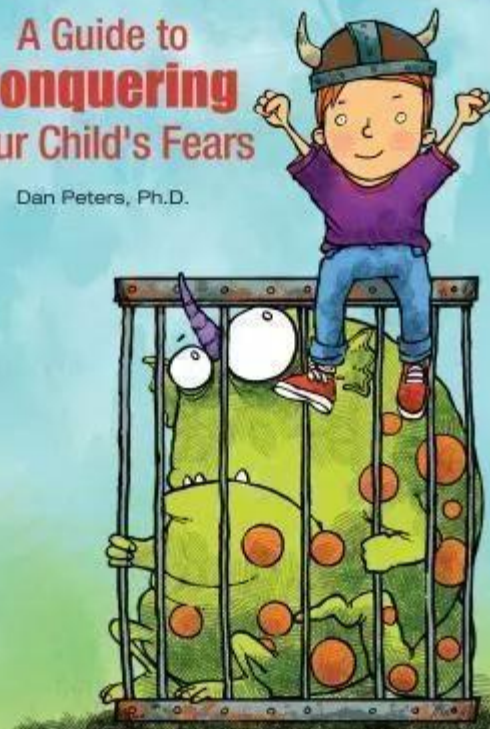


DAN PETERS, Ph.D.

Make Your **Worrier** a **Warrior**

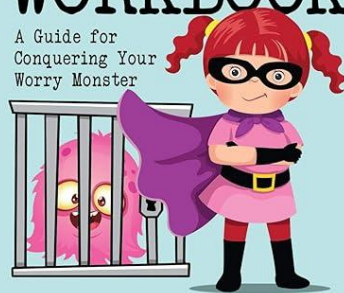
A Guide to
Conquering
Your Child's Fears

Dan Peters, Ph.D.



THE **WARRIOR** WORKBOOK

A Guide for
Conquering Your
Worry Monster



Dan Peters, Ph.D. with Lisa Reid, Ed.D. & Stephanie Davis, M.Ed.

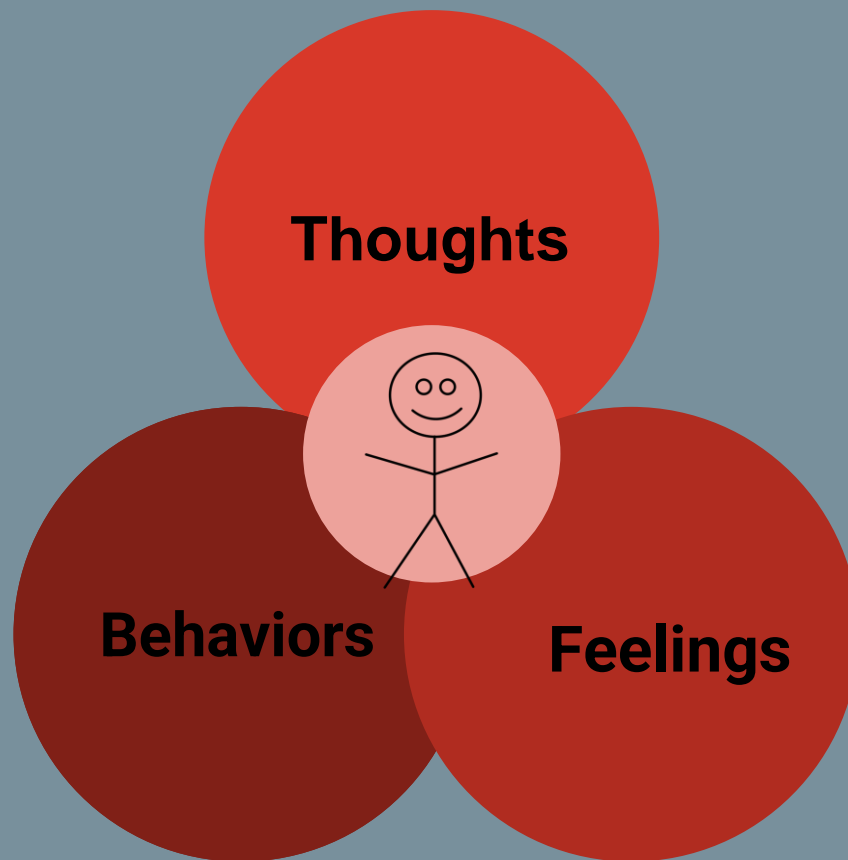
FROM **WORRIER** TO **WARRIOR**

A Guide to Conquering Your Fears



DAN PETERS, Ph.D.





Things to Do

- Let your child know that s/he will learn how to use her thinking brain to overpower her emotional brain
- Teach your child about the survival or “fight or flight” response
 - Explain to your child the brain’s amygdala and the role of adrenaline
 - Teach your child how too much adrenaline affects the brain, heart, lungs, stomach, arms and legs.
 - Tell your child about “whoosh” feelings, ask her

So those are some theories on increased anxiety - now let's talk strategies!



Children do not like feeling worried and scared

The worry monster is a bully

The worry and fear (The Worry Monster) is not part of them

You are going to help your child drive the Worry Monster Away.

Control your breathing



A Breathing Exercise





Four Steps

Identify the thought: **“What am I thinking about? What is my thinking error? Is it that I am scared I will fail the test?”**

Challenge the thought: **“Is it true that I always fail? Do I have evidence that I always fail?”**

Modify the thought: **“The test will be hard but I am prepared. I usually get nervous before math tests but generally do pretty well.”**

Replace the thought: **“I am prepared. I will try my best, and will do fine.”**

Taking a Risk

Planned risk taking is a GREAT technique for worriers and perfectionists!



Challenge your child to:

-take a risk at something that he/she is not good -to try something NEW.

-Model it for your kids

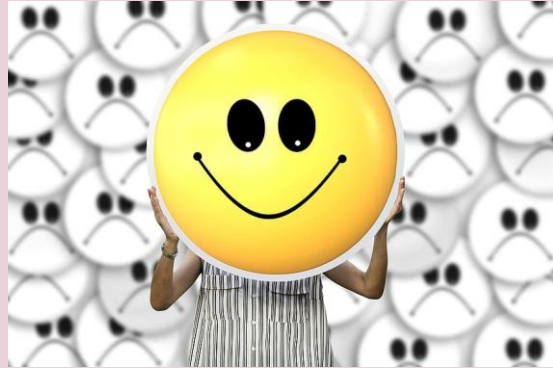
-challenge the entire family to try something NEW and then share later in the week who had the worst experience.

Fake it to Make it...

- Your child might be scared, but help him/her put on an “Academy Award-winning performance!”
- Say to your child: “I want you to pretend that you are going to have fun (etc.). Just pretend. Fake it. I’ll give you a reward if you can fake it.”



If a child can fake a behavior or an experience, it changes their neurochemistry-it actually changes his/her feelings.



You can help your child trick the Worry Monster and him/herself into being less worried and scared.

Pleasure Predicting

Similar and complementary to the “fake it to make it”

Many children have anticipatory anxiety, getting worked up over something that has yet to occur.

(He/she may be worried about all that could go wrong and is sure that will go wrong.)

Once at the event, they are usually fine.

Implementing Pleasure Predicting

-Say to your child, “On a scale of 1-10, how awful with the event be? 10 is Great and 1 is awful. Let’s see how it goes and if you were right about how bad it will be.”



-After the event, ask your child how it was. Don’t make this about your child being wrong. This allows them to admit it was better than they thought. Review what went well and what didn’t

Challenge your child to do something less than perfect, let him/her experience that they are still loved and the world won't crash in on him/her for it. This shows them that what the Worry Monster is telling him/her about being perfect isn't true.



Setting Realistic Expectations

Is also helpful for combating perfectionism.

Before your child starts a task, joins a team, etc. discuss expectations s/he has for themselves.

Remind them that they don't have to do everything right the first time. Help them come up with "good enough" expectations.

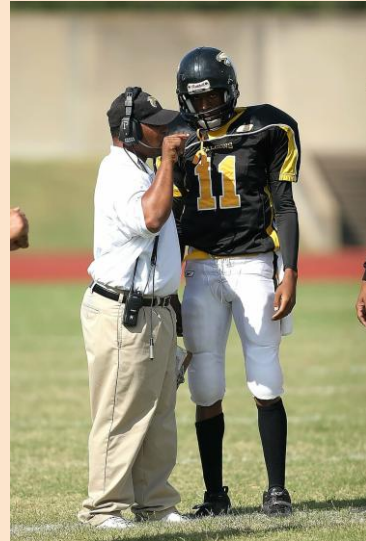


Daniel Goleman's Emotional Climate



We have to teach children

.... To talk to themselves the way a good coach or a good friend would when they are down



WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

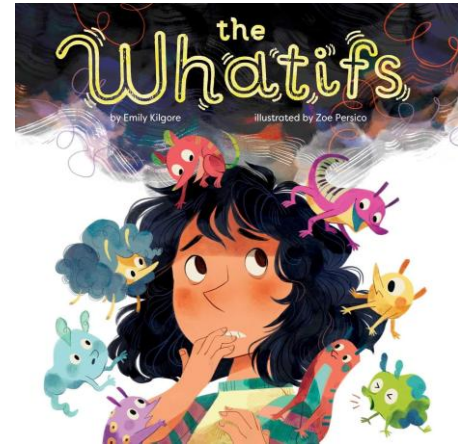
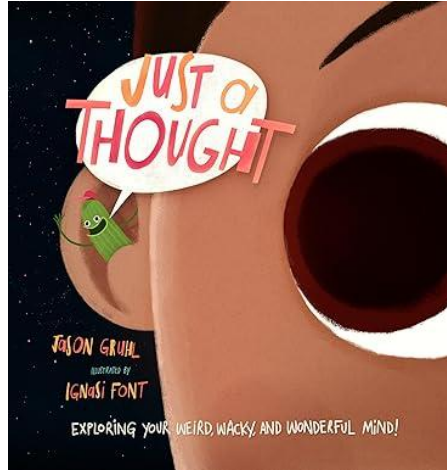
1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do the next right thing.**



Bibliotherapy is ideal for helping students deal with problems because the reader has the opportunity to place themselves in the situation and experience possible outcomes without dealing with possible consequences



Bibliotherapy books for anxiety

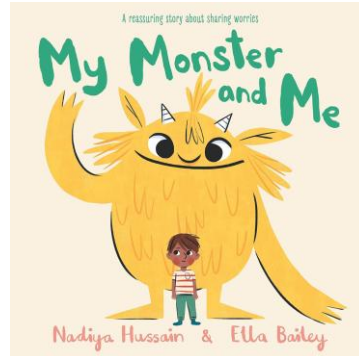
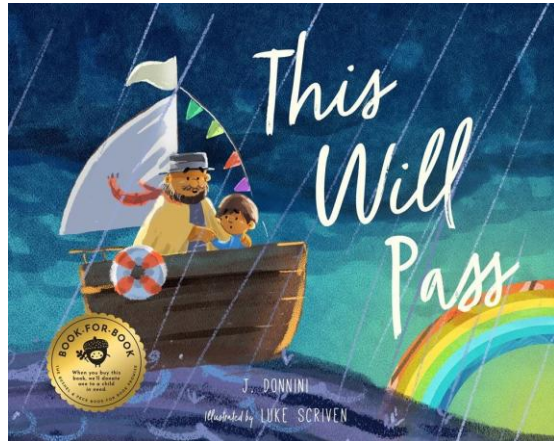


The
WORRYSAURUS



RACHEL BRIGHT

CHRIS CHATTERTON



WORRY TIME



WORRY EATER, WORRY BOX OR WORRY JOURNAL



WRITE
IT
DOWN
—
LET IT
GO

A Worry Relief Journal

Mindfulness

Be here now

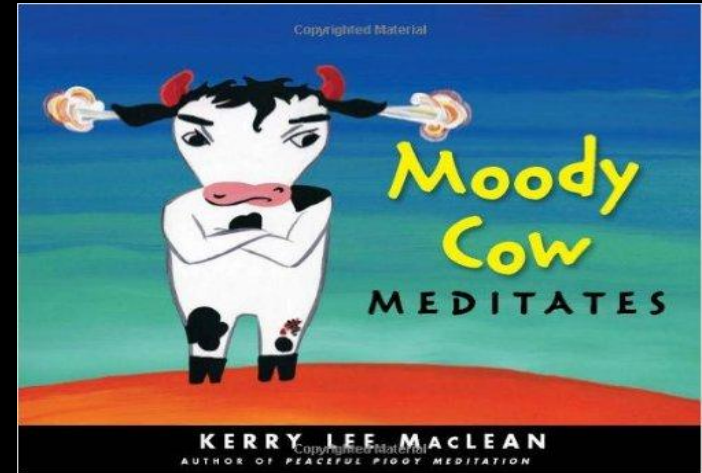
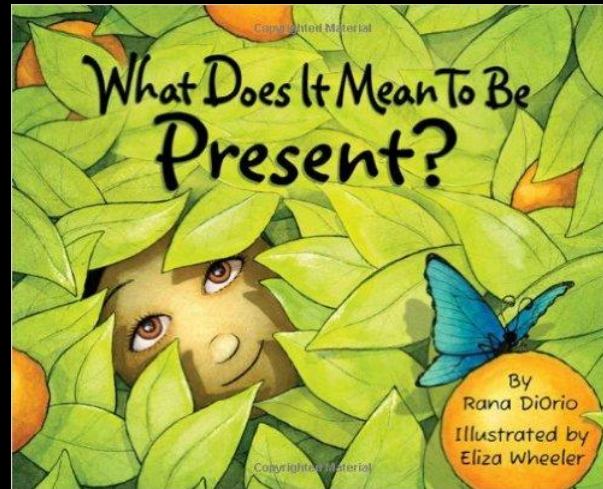
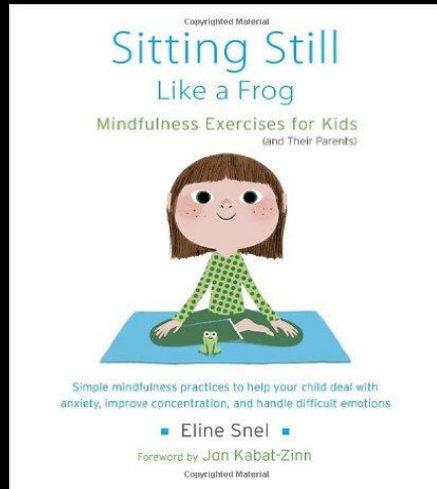
Acknowledge feelings but remember that
worry lives in the future

Mindfulness - There's a book for that!

Sitting Still Like a Frog by Eline Snel

What Does It Mean to Be Present? by Rana DiOrio

Moody Cow Meditates by Kerry Lee MacLeanting *Still Like a Frog* by Eline Snel



Letting thoughts pass

Swat away the
worries



Systematic Desensitization

Systematic desensitization is a fancy name for “baby steps” or a “success ladder”.

-Breaking down an ultimate goal into small steps from least scary to most scary.

***This technique is also called “exposure”.**



Success Ladder

The ladder starts with the easiest step first and works its way up to the hardest and scariest step. When making a Success Ladder it is Important to have your child rate each worry or fear to know where your starting point is.



Have your child give each situation/behavior a rating on a scale from 1-10.

1-3 Mild Discomfort: Uncomfortable, butterflies, mild concern, palms are sweaty, knees are weak

4-7 Moderate Discomfort: Scared and anxious, dry mouth, wanting to leave, feeling tense, trouble swallowing

8-10 Severe Discomfort: Very scared and anxious (panic_, headache, feeling trapped, numb, feeling like losing control

Regulation Activities:
anything that helps
reconnect prefrontal cortex
and amygdala

Cognitive Hooks
Rhyming words
Skip counting
Rhythms



Two other strategies

... And then what

... Worst case scenario

What situations cause worry for your child(ren)?

Do you see them using a breathing technique? If so, what one?

What else helps them reconnect their flipped lid?



Activity: A Success Ladder for Parents

Write down a few things you avoid or are afraid of doing. Pick one behavior to focus on, then:

- Break the behavior into 8-10 mini steps
- Give each behavior a “scare rating”
- List the behaviors in order from the least scary at the bottom to the most scary at the top to make a ladder.
- Start with the lowest rung on the ladder, and go for it! Do it a few times until it feels easy and then go on to the next one!

Let's Practice

Let's, try these scenarios. Type your answer in the chat BUT DO NOT HIT ENTER UNTIL you get the signal

-Your child wants to go out for the school play but is too scared to try out

-There is a sleep over at your child's best friend's home but your child has never stayed the whole night so if not wanting to go

-Coach wants your child to play an important position

-In a big game - your child is worried.

