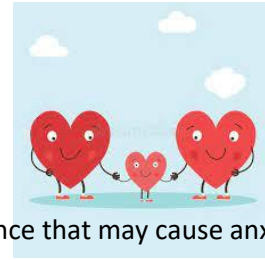


Strategies for Parents and Caregivers

Talking to your child about anxiety is key to helping them manage anxieties



1. Anxiety is normal
 - Describe situations that your child may experience that may experience that may cause anxiety
2. Understand how anxiety can trigger fight, flight, or freeze response
 - Anxiety is the brain's internal alarm system
 - Sometimes our brains are very tricky, and we can misinterpret a catastrophe when it is a normal challenge

4 Strategies to Help Your Child Handle Adversity

1. **Help your child identify and recognize anxiety**
 - Teach your child what anxiety feels and looks like in the body
2. **Befriend the Body**
 - Teach your child ways to calm the body
 - Breathing and comforting touch are signals for the brain to release neurochemicals that can soothe the body,
3. **Befriend the Mind**
 - Our brain has what is called negativity bias; it is automatic and doesn't require any thinking at all
 - Cultivate a positivity bias: Teaching to take a pause and recognize the small moments of delight in their day.
4. **Change anxious thought**
 - Identify the unhelpful thought
 - Check for the unhelpful thought: Is this a real or false alarm?
 - Change the unhelpful thought: Use encouraging language and think about the next steps

One of the most impactful things that you can do to help your child manage anxiety is to model self-care.

- Take quiet deep breaths
- Practice patience

Managing Test Anxiety



Virtual Calming Room



Anxiety Tips for
Secondary Students



Brain Break Video



Test Anxiety
for Kids