

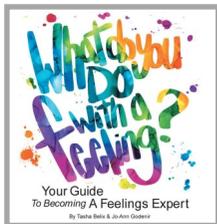
# TOOLS TO MANAGE

# ANXIETY

@journey-to-wellness\_



Source: journey to wellness



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## MENTAL HEALTH AWARENESS

### Healthy Stress vs Unhealthy Anxiety in Kids

Lionheart Foundation



Feelings artwork by Jo-Ann Godenir

## Healthy Stress

◦ We are hard-wired to cope with this, if it is short lived.

◦ Stress is activating, helping create motivation and drive us forward

◦ Teaching healthy coping strategies that will work for us in the long-run is critical, as stress is a part of life

# VS

## Anxiety

◦ Chronic stress can lead to anxiety

◦ Anxiety is depleting and toxic to a system

◦ Anxiety takes our thinking away from the present moment, into the future where we tend to magnify and catastrophize

## Anxiety — What Does It Look Like?

- Perfectionism
- Pleaser
- Toxic niceness
- Procrastination
- Over-thinking, over-doing assignments
- Emotional explosions
- Avoidance behaviour
- Sleep issues
- Excessive worrying

## What Can Parents Do?

**Validate, validate, validate...** Let your teen know you understand them without judgement. "I can only imagine how stressed you feel, like there isn't enough time in a day to get everything done. This makes sense to me. I am here for you."

We are conditioned to move away from emotion, but if we lean into it, the emotion actually settles faster.

**Ensure your kids/teens get enough sleep.** Teens should be getting 9-10 hours a night. **27%** of Canadian teens are sleep deprived. This means getting iPhones and computers out of the bedroom each night and all screens off 2 hours before bedtime.

**Move your body each day,** to improve mood and to burn off the body fuel that accumulates with anxiety. Help your child 'act on', or do something with their emotion, such as go for a walk, have a tickle fight, do yoga or a few stretches

**Practice mindfulness** by pausing to breath deeply on purpose, a deep breath in and a long, slow audible exhale out (known as DRAGON BREATHING)

**Keep our own stress levels in check.** Show up as the healthiest version of yourself. Model healthy right brain soothing and honour that your teen needs to do the same. For example, reading for fun, playing music, making art, doing a hobby that fills the soul.

IT IS IN RELATIONSHIP THAT WE HEAL

TAP INTO HUMAN BEING, NOT HUMAN DOINGS

*PAIN is PAIN to the BRAIN*

PROBLEMS GET BIGGER IN ISOLATION