


Dr. Caroline Buzanko

The Anxiety Compass:


Helping Children & Teens Tame Anxiety Gremlins

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- Anxiety is the most common mental health problem in kids K-12
- Anxiety is the most common mental health problem in kids K-12
- 50% of kids will have a mental illness
- Not something you outgrow
- Early intervention helps minimize later problems with depression
- Most go without effective support until they are a teen
- Teens are vulnerable!
- Untreated anxiety is the leading predictor of depression in teens & young adults
- And 70% of all mental health problems begin in childhood and adolescence

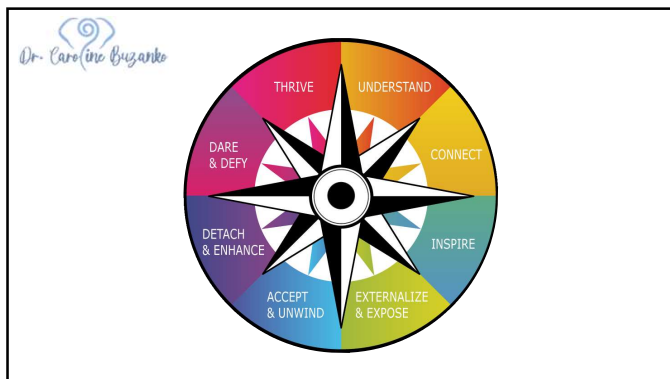


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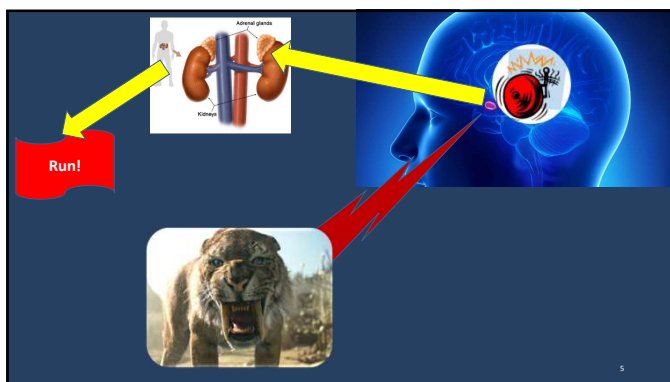
Why?

- (Mis) Understanding
 - Of child
 - Of anxiety
- Parents think they can help on their own
- Cost
- General practitioners
- Wait to see

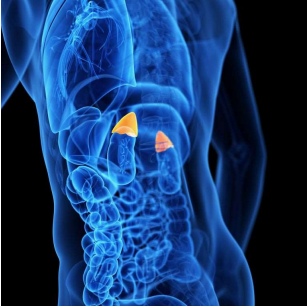
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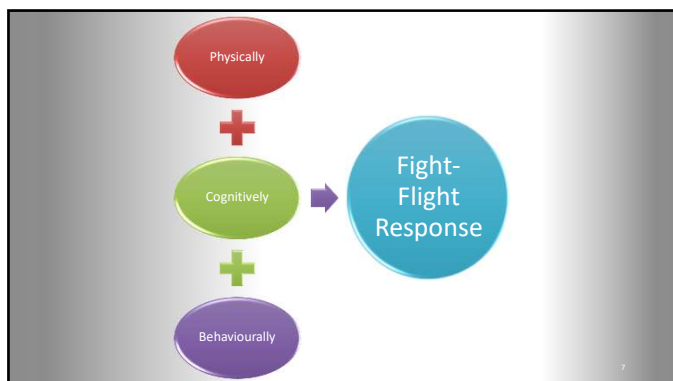


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- Released hormones
 - Changes in breath
 - Increase heart rate
 - Increase blood pressure
 - Increase energy
 - Slows other processes (to fight or run away)
 - Secretes acid Into the stomach to empty it

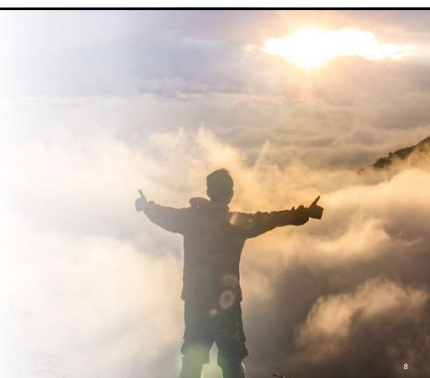
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Worries are here to stay


- Normal, protective feeling
- Necessary for survival
- Helps us perform our best
- Helps motivate us



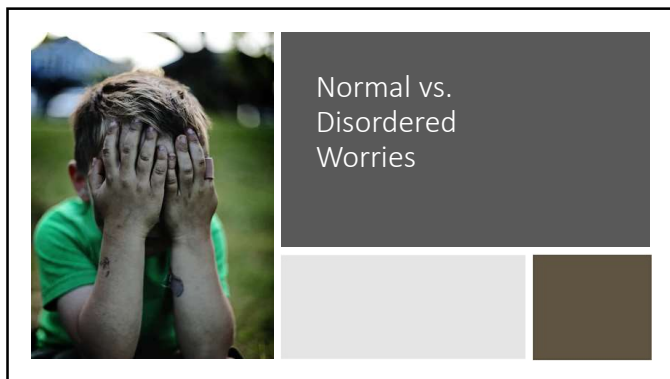
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Worries are here to stay

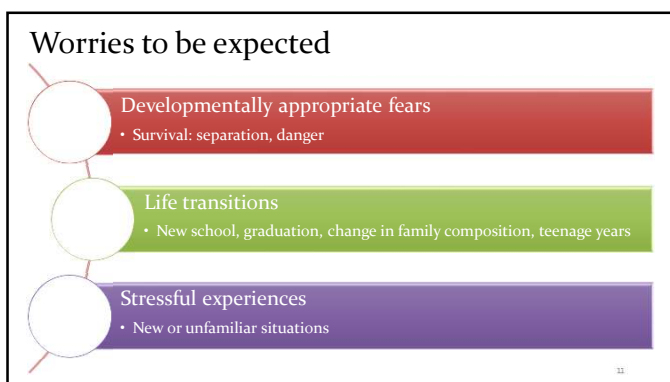
- Its ok!
- Temporary in the moment
- Not to be eliminated or avoided



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Worries to be expected

- Temporary
- Do not interfere with functioning
- Students still successful in achieving goals

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THE BRAIN CANNOT TELL THE DIFFERENCE BETWEEN
WHAT IT ACTUALLY SEES AND WHAT IT IMAGINES

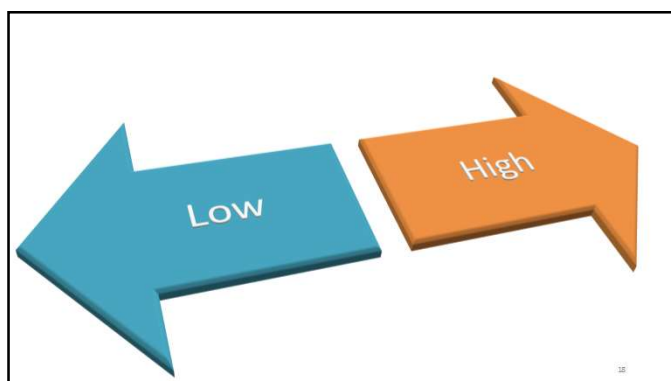
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Excessive anxiety	Disruption
<ul style="list-style-type: none"> • Stomach or head aches • Lots of reassurance seeking • Avoiding school/crying Monday mornings • Lashing out • Sleep disturbances 	<ul style="list-style-type: none"> • Poor school performance • Socially isolated • Not making friends • Avoid trying new things • School refusal • No carefree and playful childhood!

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Anxiety Disorder




Significant interference (home, school, social); anxiety starts to make decisions



Significant distress that is more frequent and more extreme than that of peers

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The many faces of anxiety



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How Anxiety Shows Up

- **Develop patterns of behaviour**
 - Ways to respond to stress based on how they perceive the demands
 - Bigger or smaller than what they believe they can manage

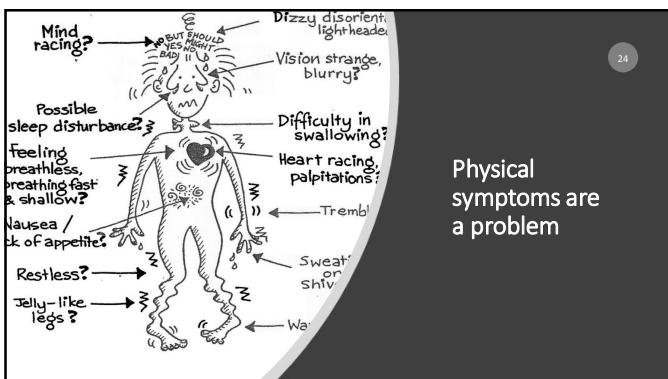
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How Anxiety Manifests: **Affect**

- Emotion
- Physical symptoms
 - Greater sensitivity to symptoms
 - Frequent doctor visits
 - Poor school attendance



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Physical symptoms are a problem

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How Anxiety Manifests: Thoughts

- Unrealistic, extreme
 - What if's...
 - Everyone is going to laugh
 - The world is dangerous
 - Catastrophic thinking



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How Anxiety Manifests: Thoughts that lead to behaviours

- I can't handle it!
- Believe they are incompetent
 - Dependency behaviours
 - Reassurance
 - To do things for them
 - Repetitive questions
 - Prepare unnecessarily
 - Clingy
 - Co-sleeping, call home



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How Anxiety Manifests: Behaviour

- Opposition and defiance
- Irritability, tantrum, explosiveness, moodiness, crying
- Avoidance, escape, procrastination
- Attention seeking
- Difficulty transitioning
- Perfectionism
- School refusal
- Phobia
- Substance use
- Fidgety, nervous habits (e.g., nail biting)
- Distraction
- Rigidity
- Give up easily



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Behaviours: Internalizing

- Withdrawn/isolated
- Shy
- Sad/irritable
- Head/stomach-aches
- Eating issues (under- or over-eating; food intolerances)
- Sleep problems/Fatigue
- Low self-esteem and confidence
- Rejection
- Repetitive behaviours/obsession
- Difficulties concentrating
- Avoidance
- Disorganized
- Cry

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Behaviours: Externalizing

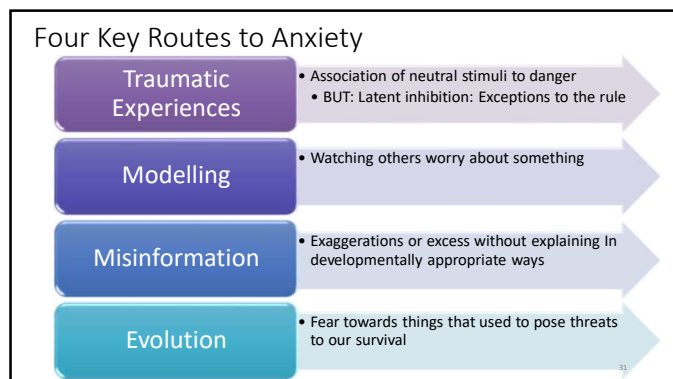


- Easily triggered
- Disrespectful
- Disregards rules
- Difficulties focusing
- Aggression/intimidation
- Difficulties concentrating
- Lies or steals
- Temper outbursts
- Restless/fidgety
- Interrupts/Intrudes
- Impulsive
- Defiant
- Argumentative
- Yell
- Repetitive questions
- Seek constant approval

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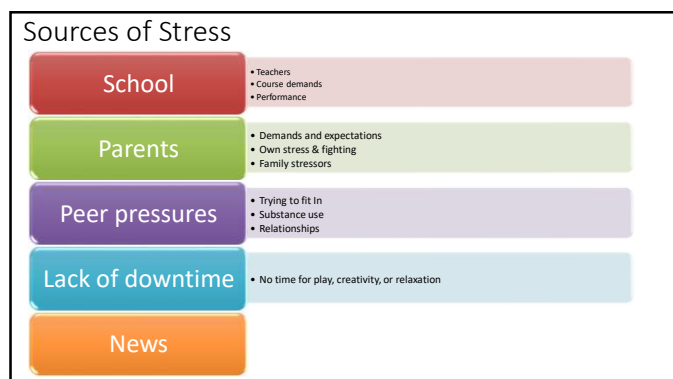
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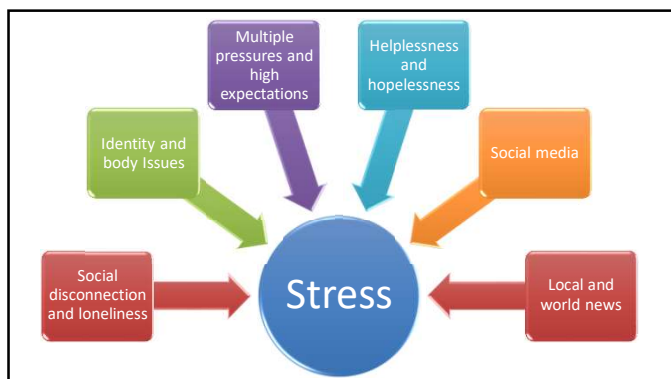
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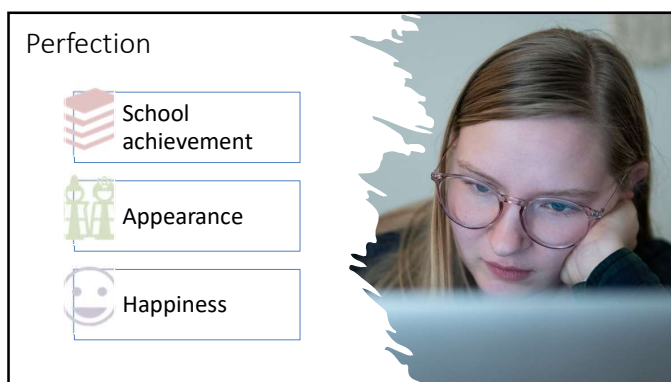
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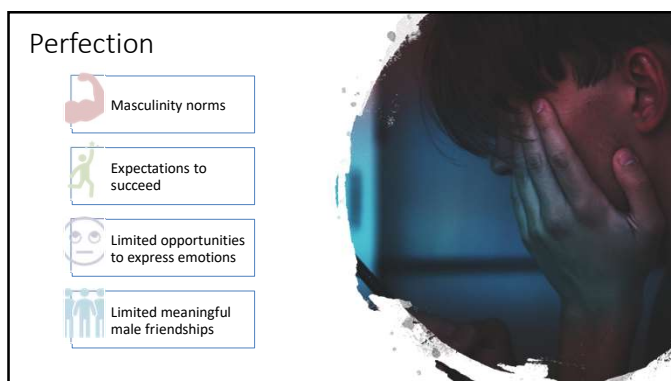
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Effortlessly Perfect



Overachieve
academically



High expectations
in all areas of life




Expectations to
be happy

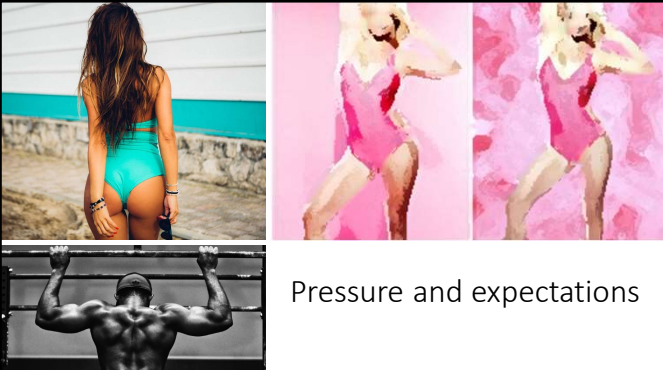


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Myth of Happiness



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Pressure and expectations

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Self-esteem

False messages to avoid rejection

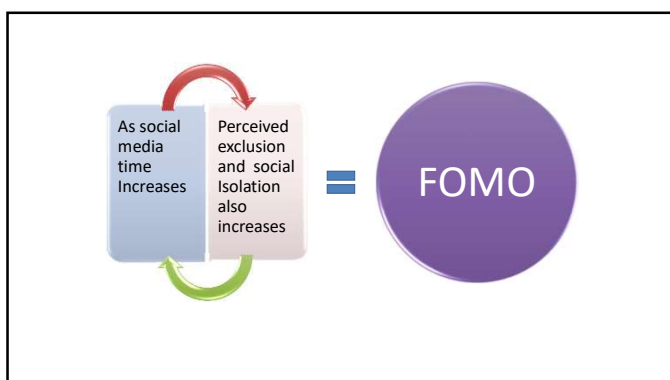
- So happy!
- So beautiful!

"Likes" worsens self-esteem

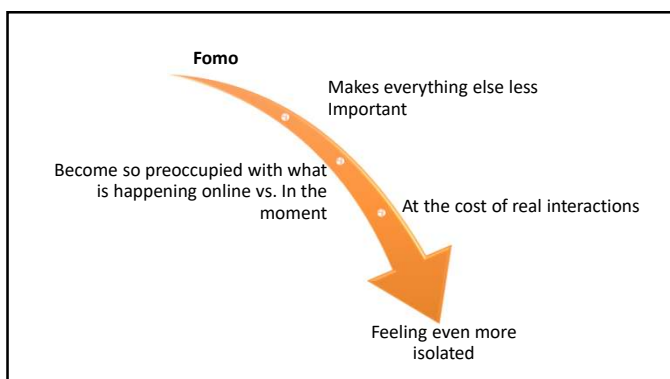
- Others won't like the "real" them.



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Massive-Scale Emotional contagion

- We begin to experience the same emotions as others without our awareness
 - Long-lasting moods (e.g., depression) can be transferred through social networks



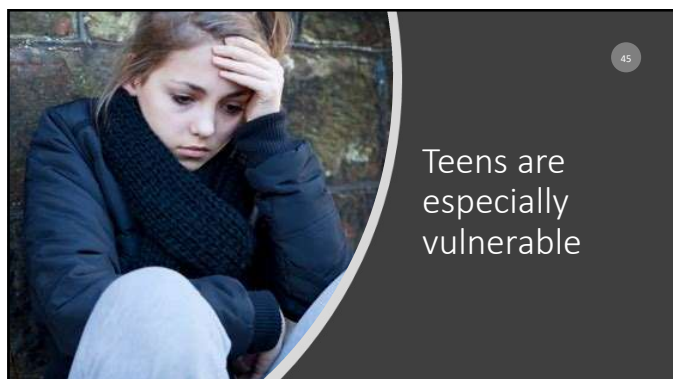
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ALL screen time is
linked to less
happiness.

- More screen time =
- Loneliness
- Depression
- Suicidal thinking

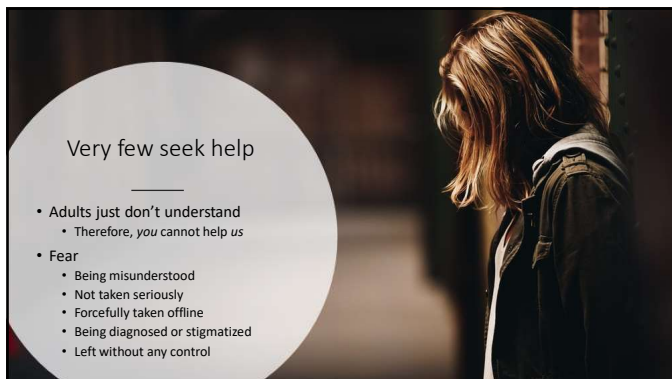


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Teens are
especially
vulnerable

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Very few seek help

- Adults just don't understand
 - Therefore, you cannot help us
- Fear
 - Being misunderstood
 - Not taken seriously
 - Forcefully taken offline
 - Being diagnosed or stigmatized
 - Left without any control

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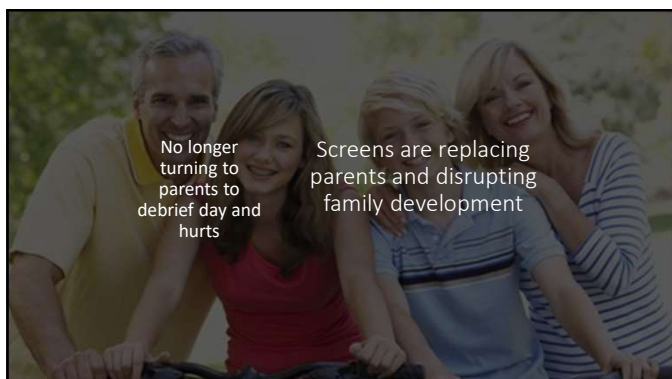
Technoference

Most important relationship for bonding and overall development

- Discovering:
 - Self
 - Values
 - Personality
 - World

Family Connection

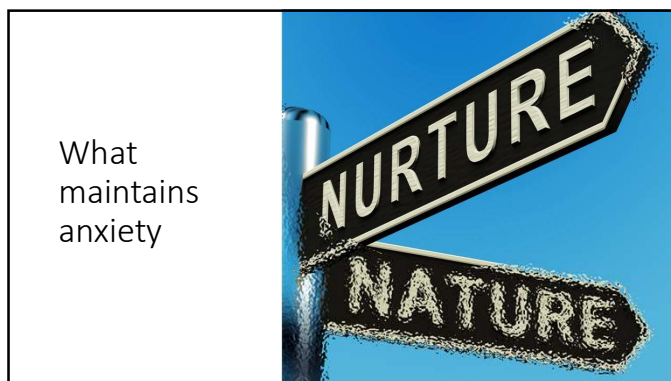
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No longer turning to parents to debrief day and hurts

Screens are replacing parents and disrupting family development

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What
maintains
anxiety

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Kids learn anxious
behaviours from important
adults In their lives

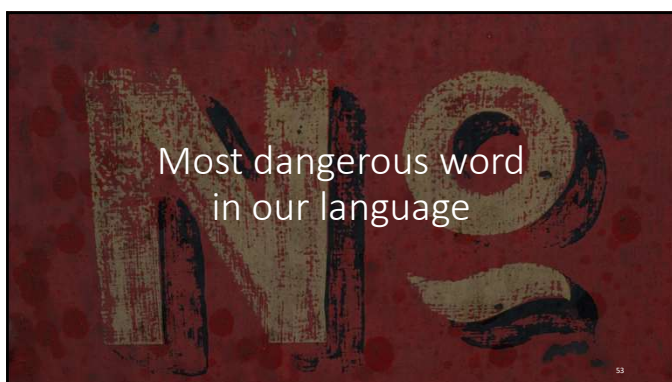
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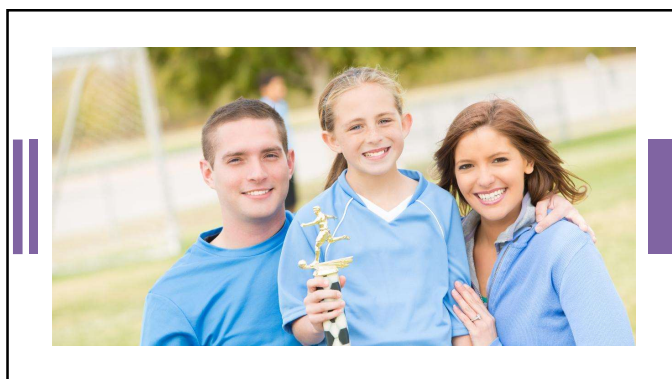
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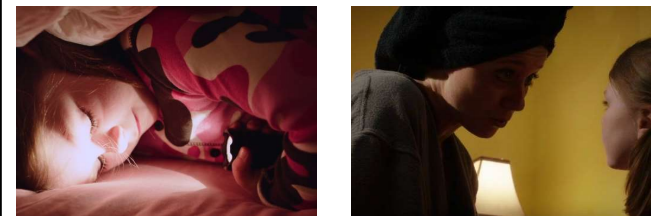
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There is nothing to worry about!

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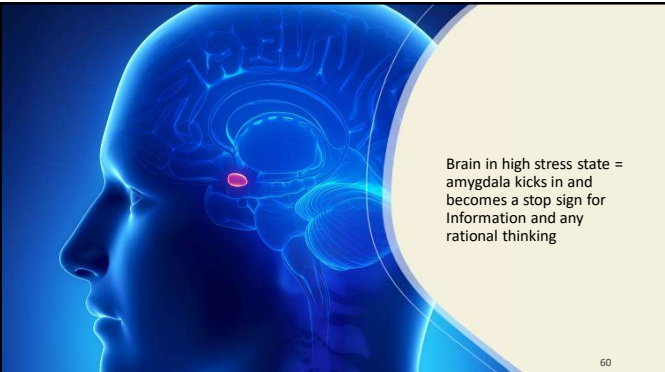
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There are no such thing as monsters!
It's real for them... the fear is still there.

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Brain in high stress state = amygdala kicks in and becomes a stop sign for Information and any rational thinking

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Anxiety...

- Wants certainty
- Wants predictability
- Wants comfort

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Blame
genetics/
brain
chemicals

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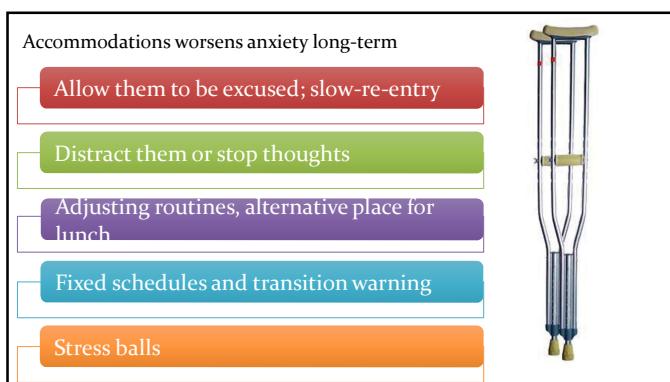
The problem with technology: takes uncertainty away

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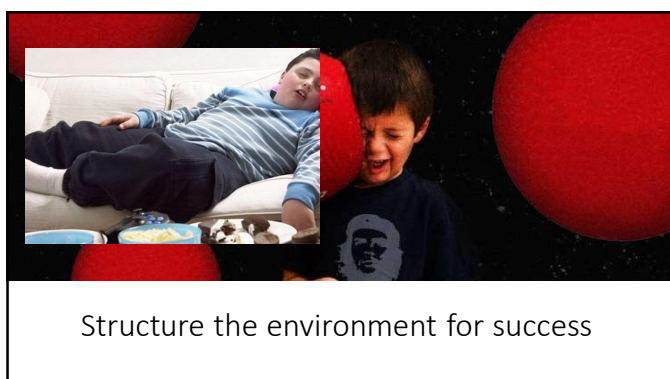
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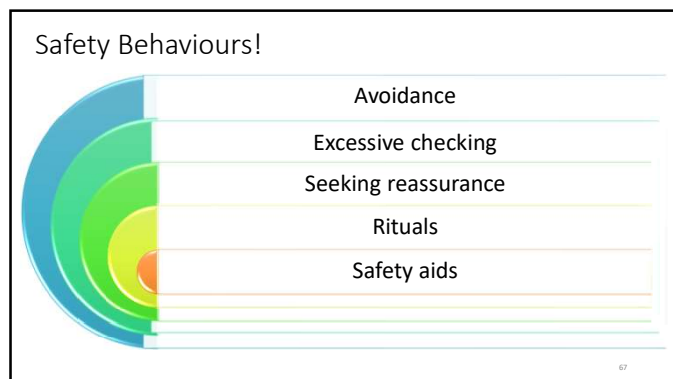
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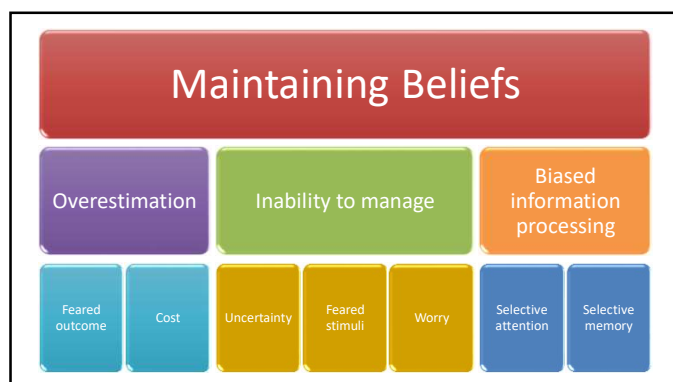
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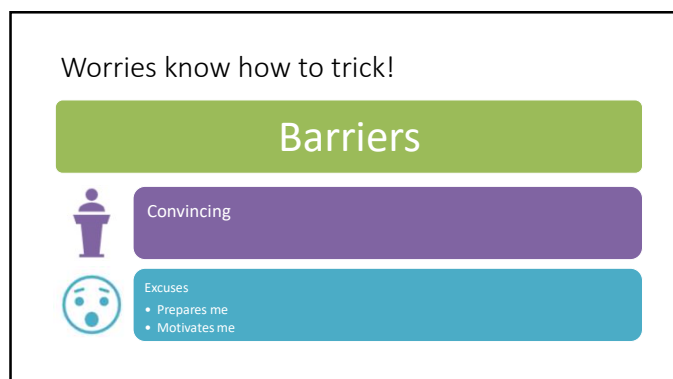
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Avoid traps

- Adults jumping in harms kids:
 - Changes brain development & ingrains anxiety
 - Makes kids vulnerable: no opportunities to experience manageable amounts of stress
 - Confidence and resilience stunted

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Saying
“Don’t
worry”
doesn’t
work


Get stuck in constant
need for reassurance

No skills developed

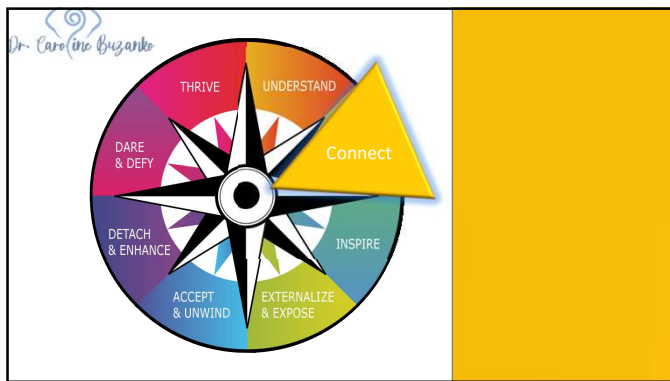
Minimizing

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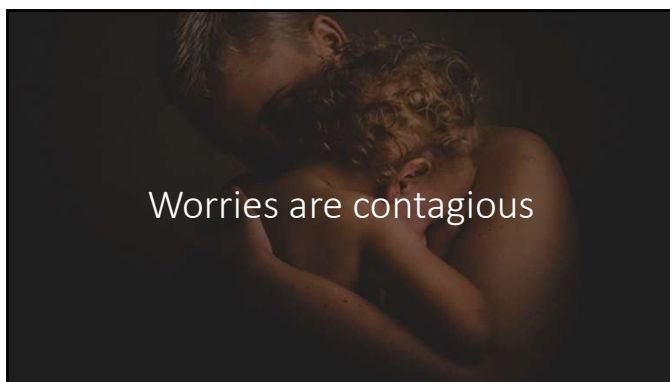
Watch out for
dependency traps



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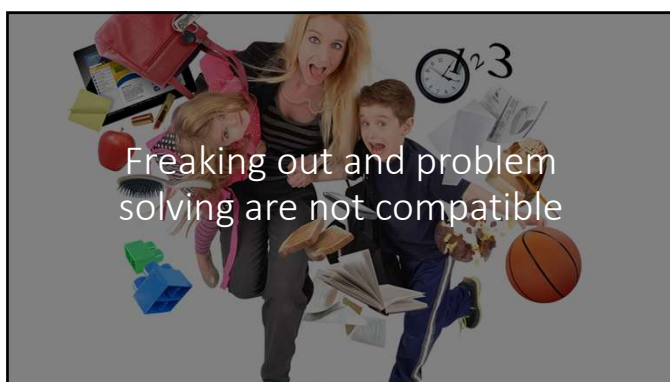
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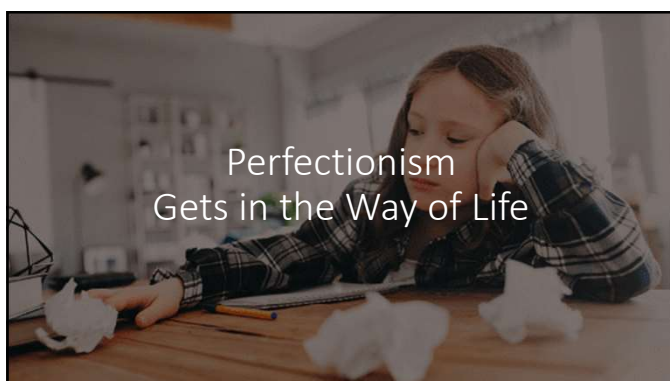
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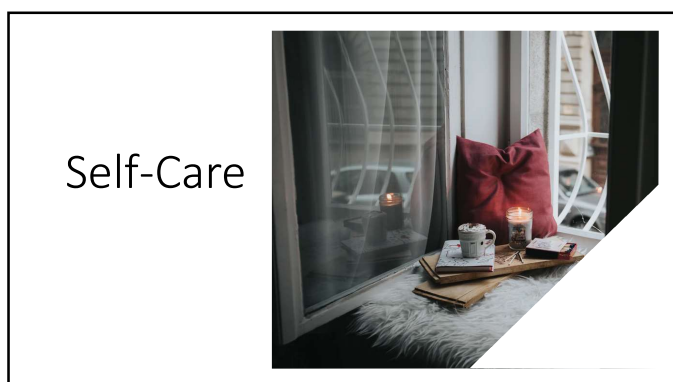
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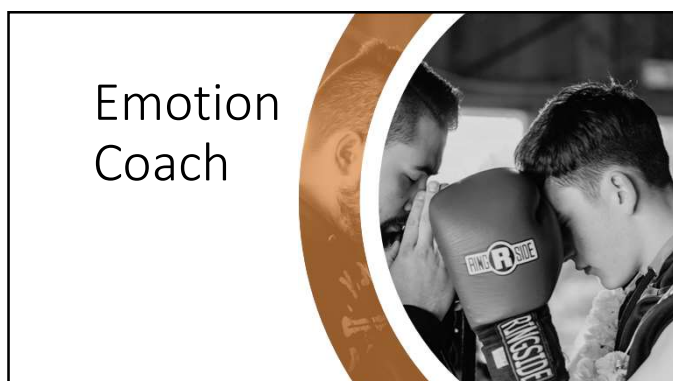
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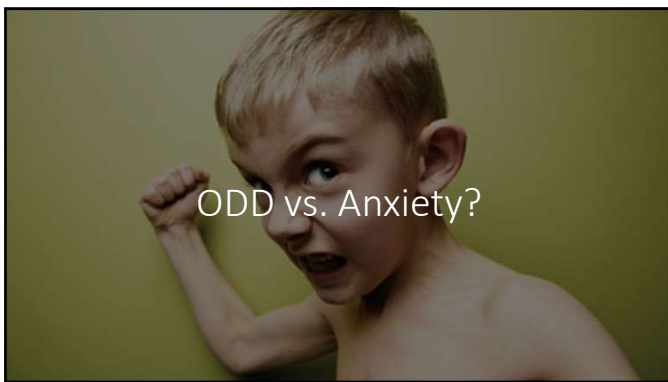
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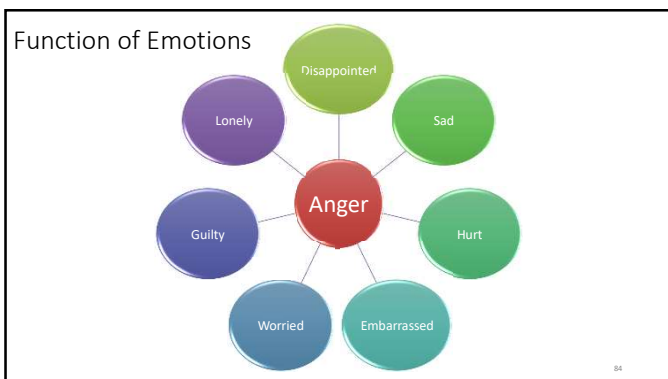
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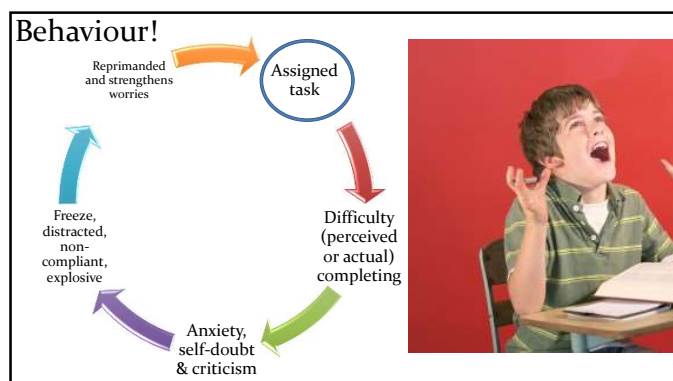
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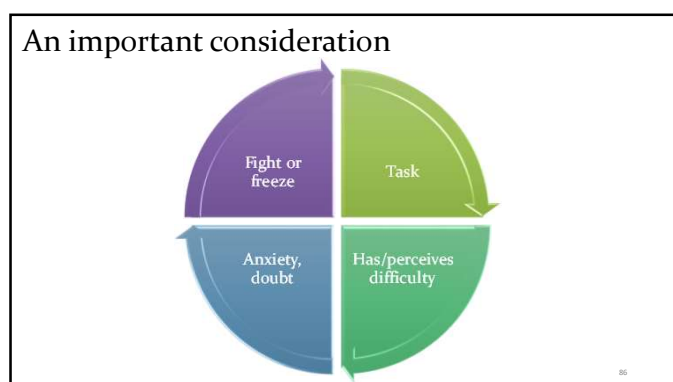
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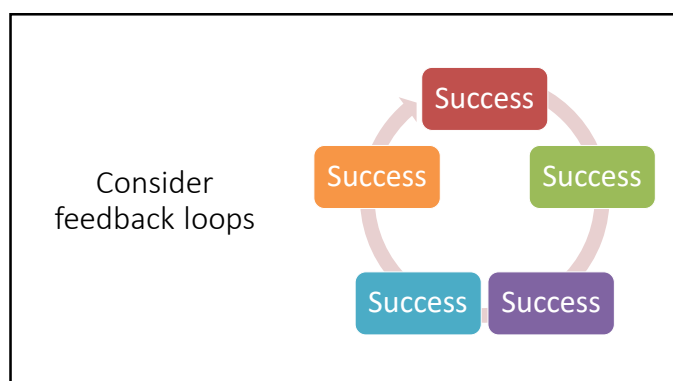
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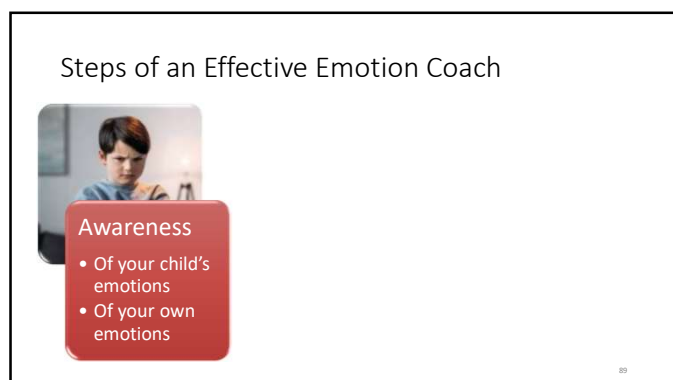
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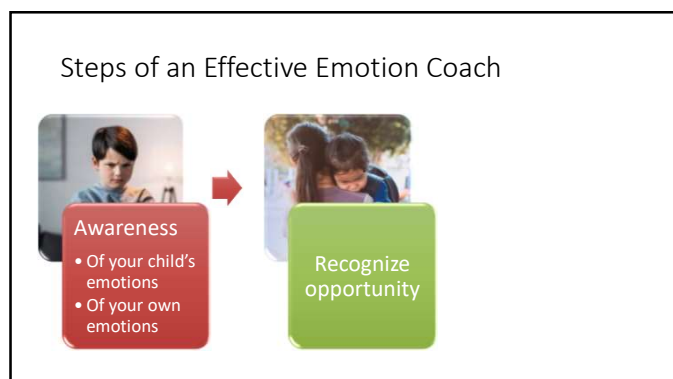
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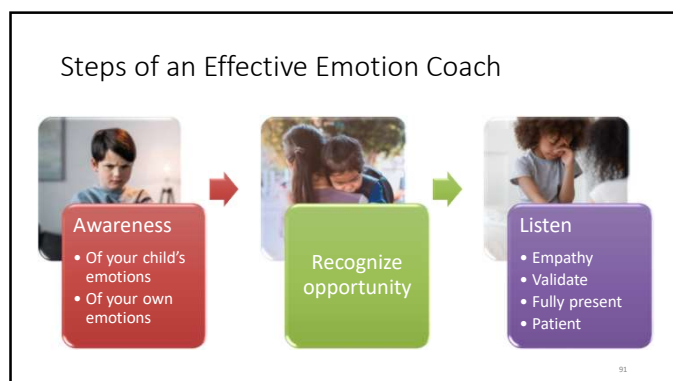
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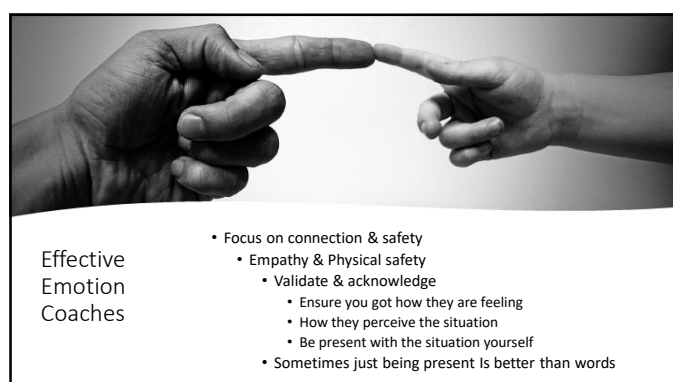
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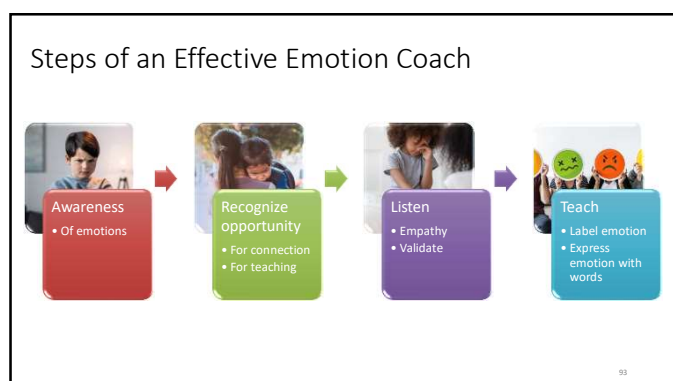
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Labelling Emotions

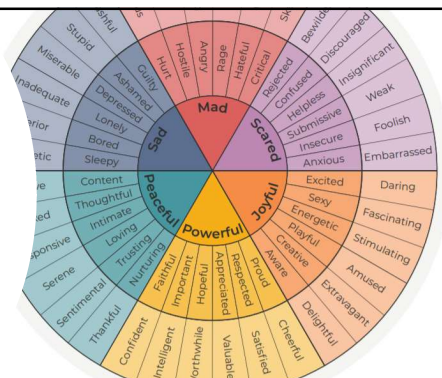
- Name it to tame it
 - Builds confidence
 - Helps calm



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Labelling Emotions

- Model
- Build emotion vocabulary
- Foresight




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Steps of an Effective Emotion Coach



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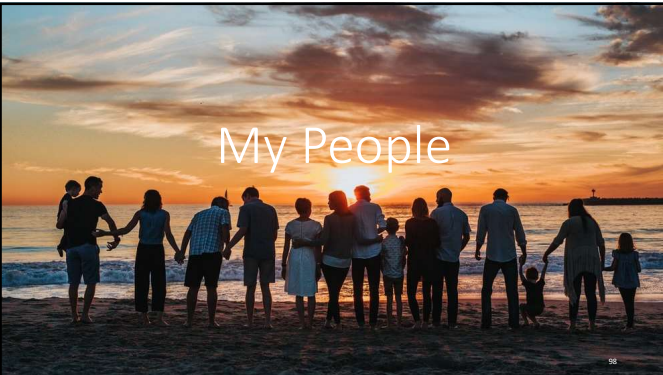


Effective Emotion Coaches

- Keep the waters calm!
- Not personal
- Thank you!
 - Do the process yourself
 - Physiologically
 - Emotionally
 - Function of emotion
 - Focus on goal

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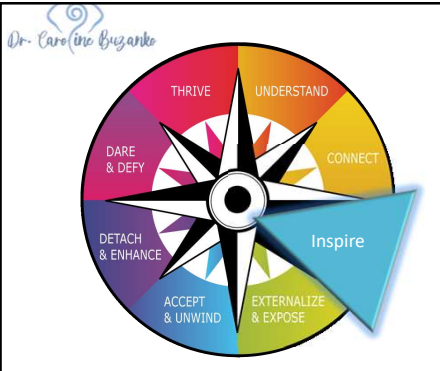
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My People

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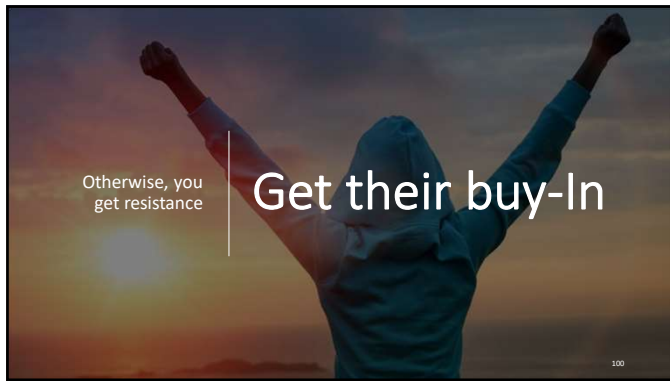
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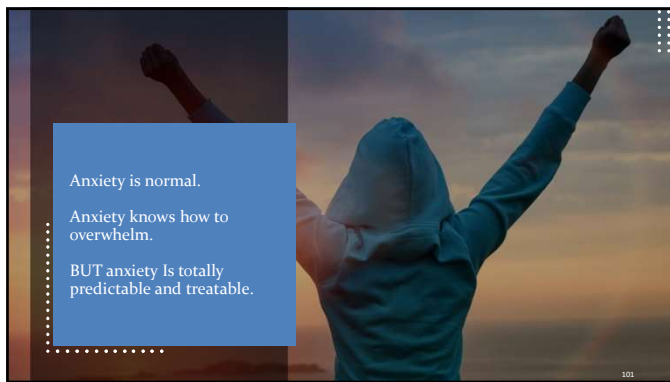
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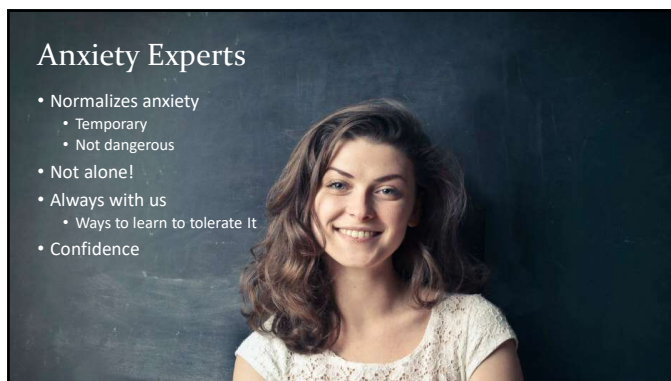
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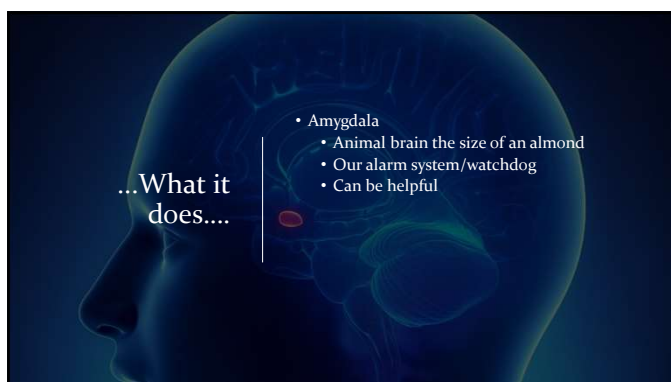
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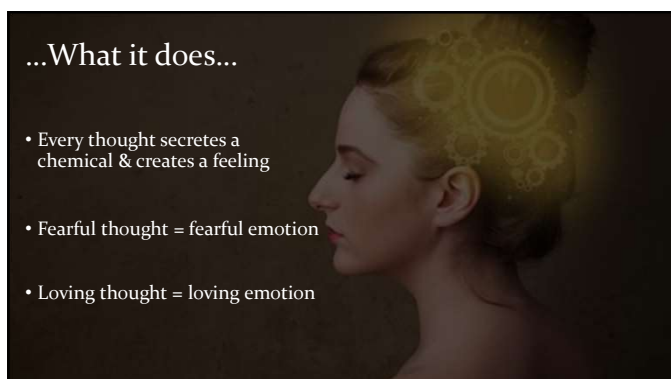
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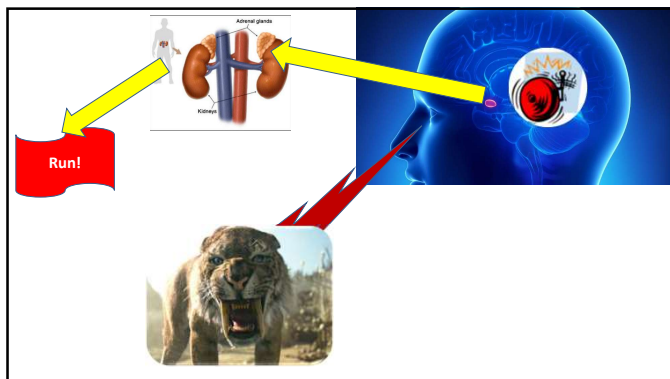
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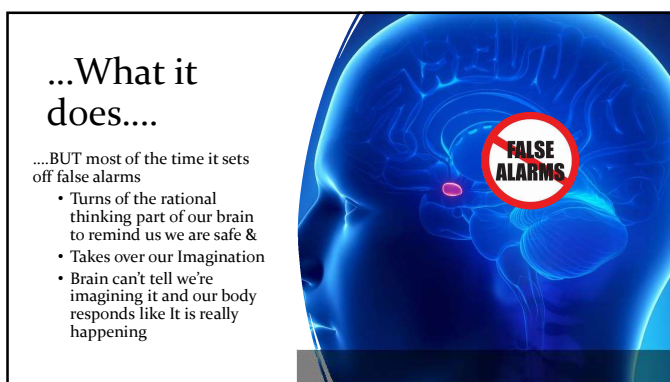
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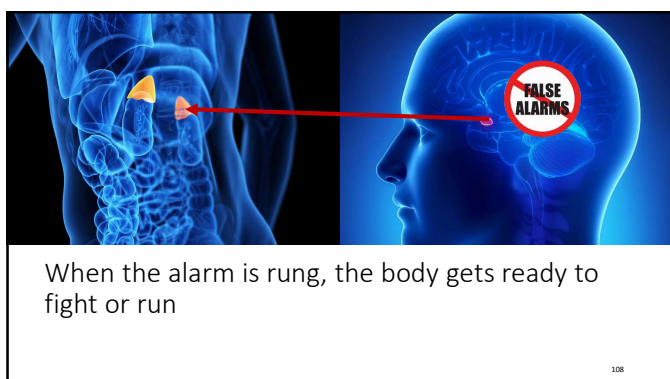
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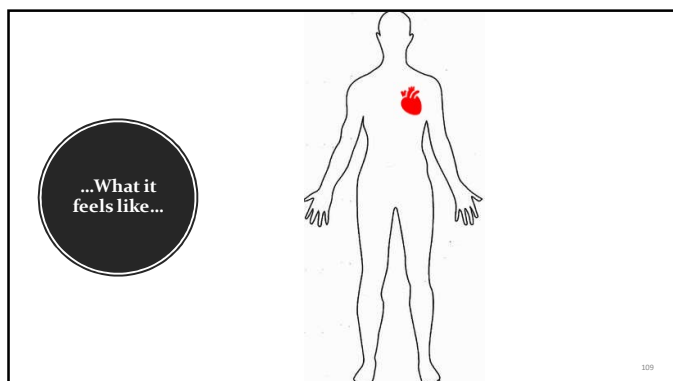
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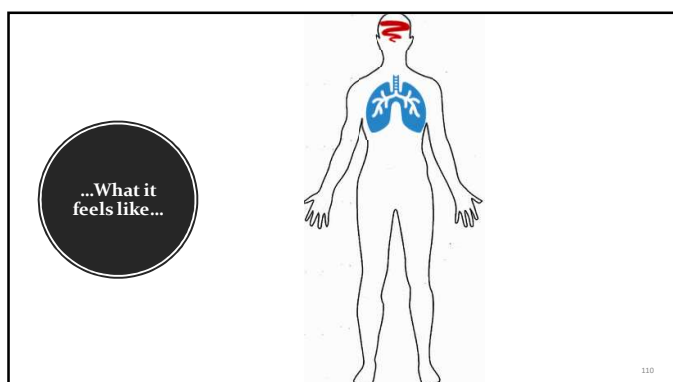
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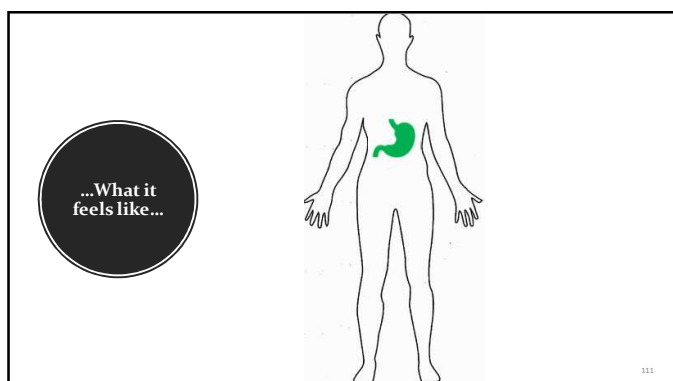
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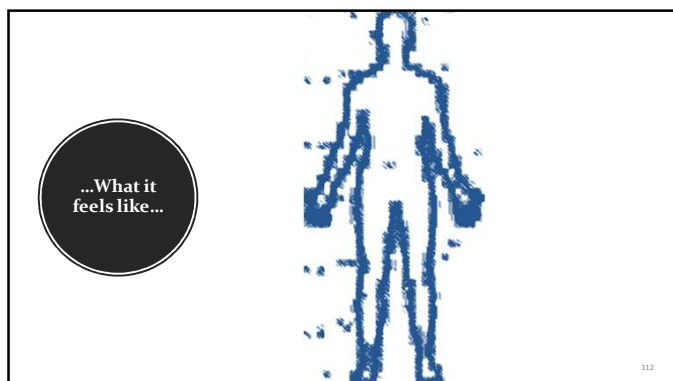
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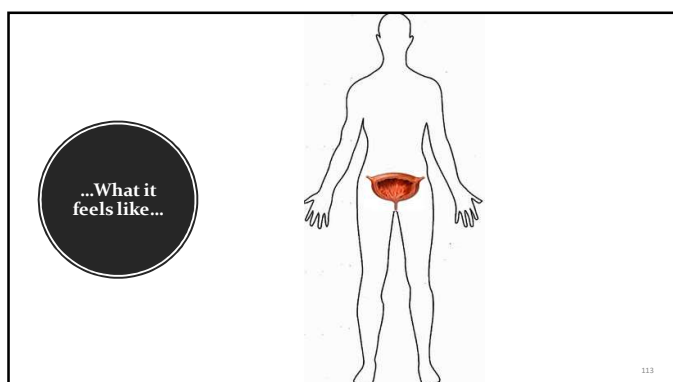
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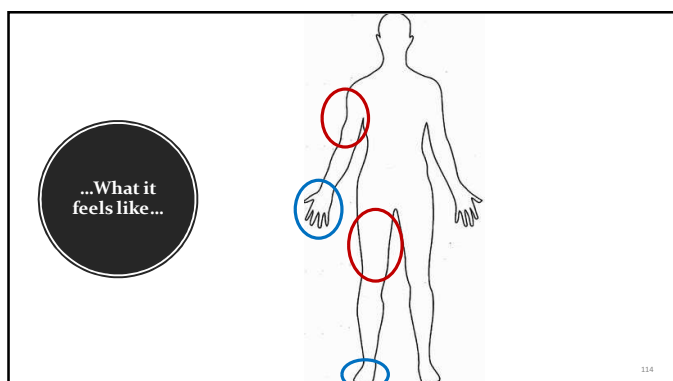
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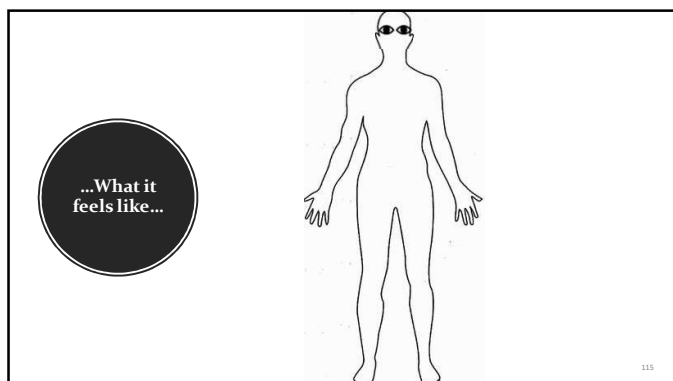
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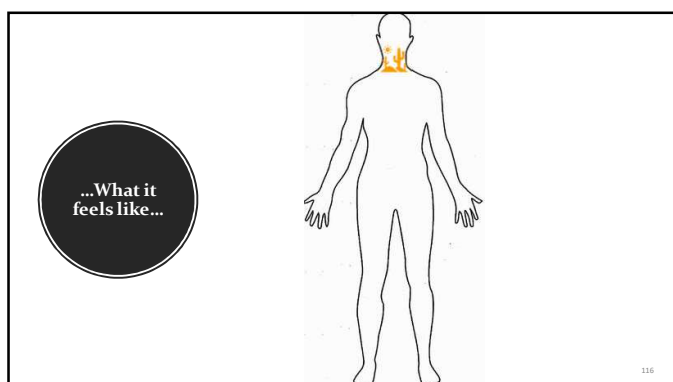
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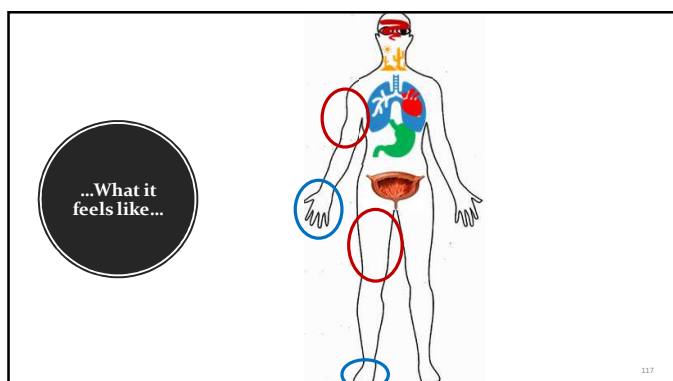
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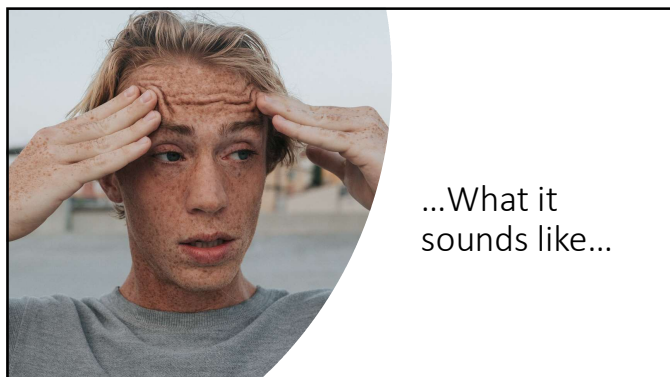
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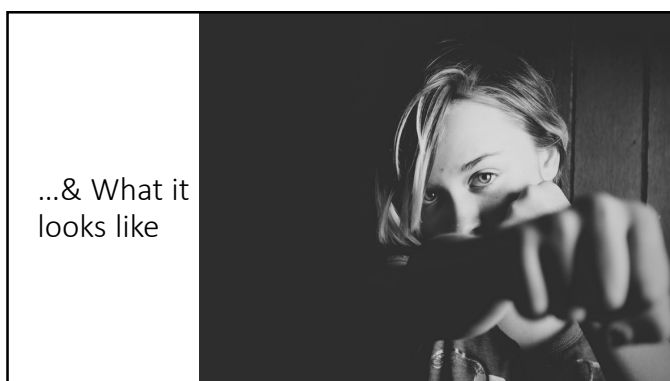
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What anxiety is & what it does....

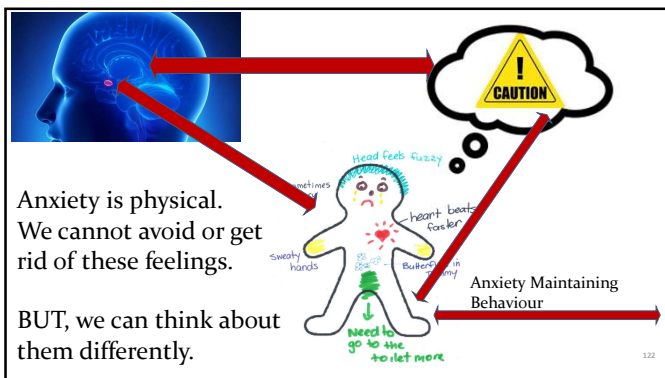
- Can't turn the alarm off
- We can't get rid of worry
- We can't get rid of the feelings
- The discomfort will still be there

BUT we CAN

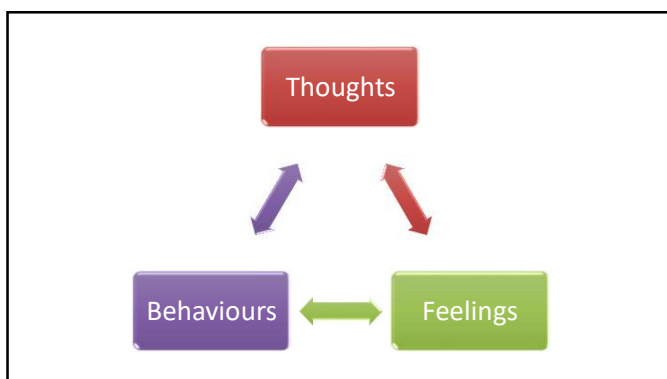
- Take control and act
- Be ready for worry when it shows up
- Stretch ourselves and do the opposite from what worry expects



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Of course you feel uncomfortable!
No wonder - your adrenal glands have sent out all that yucky stuff. That makes sense.

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I understand what my body is doing

I can handle what my body does

I can handle discomfort

I know I can breathe to make my brain and body calm down

Expecting physical sensations helps reduce signals to amygdala

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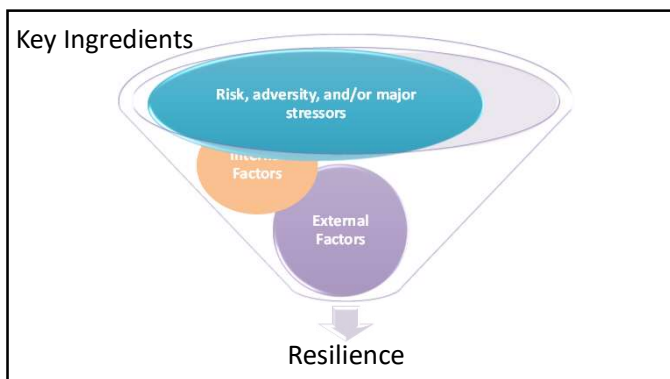
Resilience

Ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress.

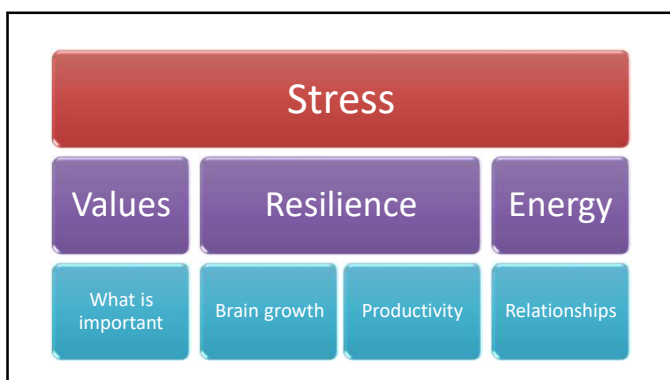


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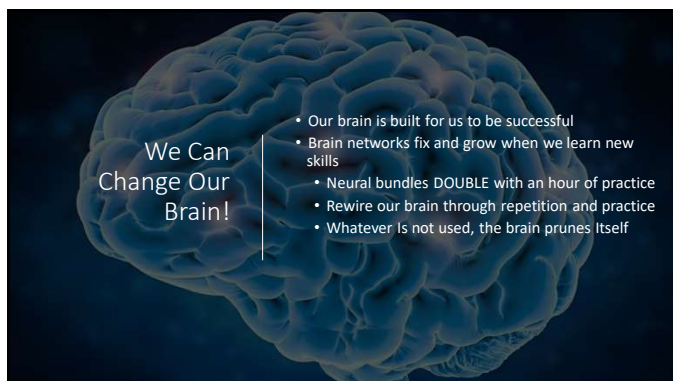
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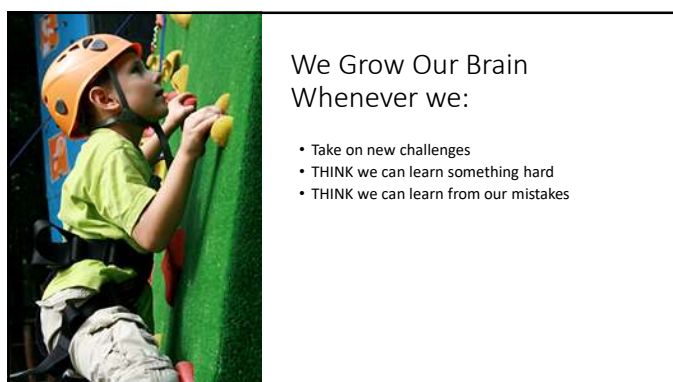
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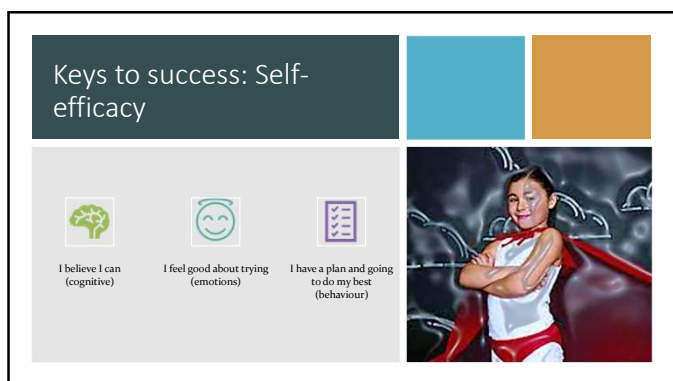
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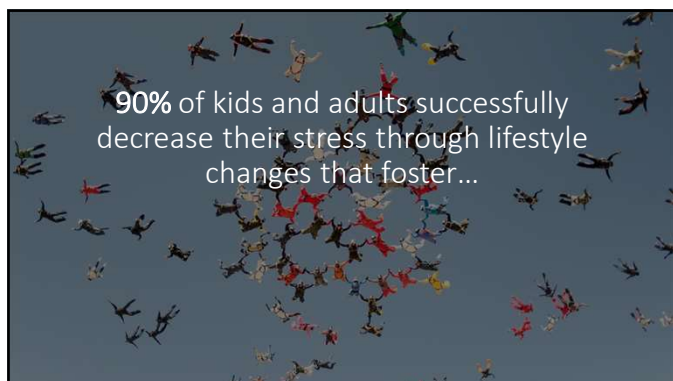
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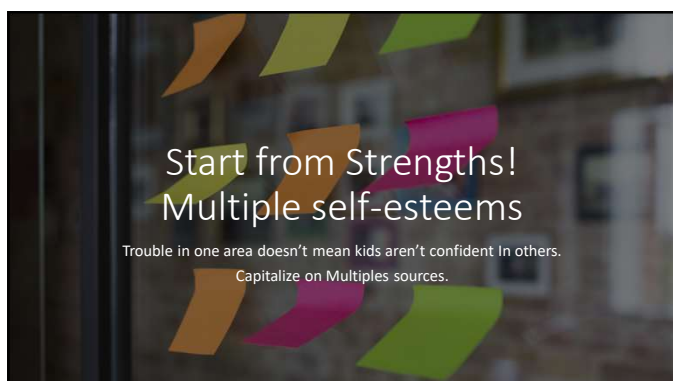
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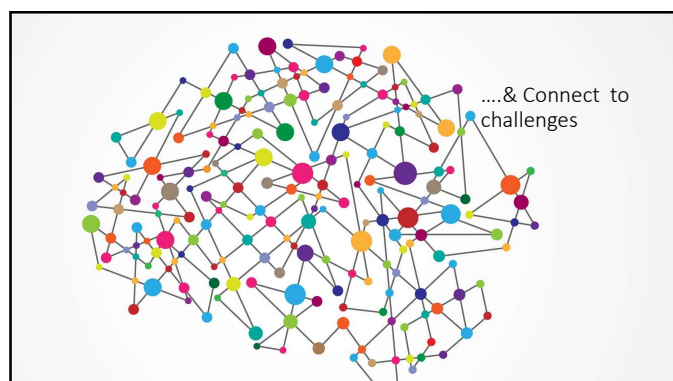
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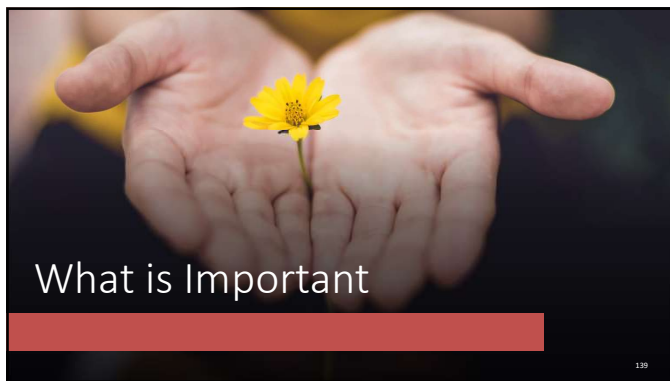
136

Highlight Strengths....	Capable	Caring	Careful	Charismatic	Charming
	Cheerful	Clever	Collaborative	Communicative	Compassionate
	Competitive	Confident	Conscientious	Considerate	Content
	Cooperative	Courageous	Creative	Curious	Daring
	Decisive	Dedicated	Delegator	Dependable	Detailed
	Determined	Diligent	Disciplined	Eager	Easy-going
	Educated	Efficient	Empathetic	Endurance	Energetic
	Enthusiastic	Entrepreneurial	EQ	Fair	Faithful
	Fast	Flexible	Focused	Forgiving	Friendly
	Fun	Funny	Gentle	Generous	Goal oriented
	Grateful	Happy-go-lucky	Hard worker	Healthy	Helpful
	Honest	Honour	Hopeful	Humorous	Idea generator
	Imaginative	Initiative	Independent	Insistent	Inspiring
	Integrity	Intelligent	Intuitive	Jester	Jovial
	Joy	Jubilant	Justice	Knowledgeable	Leadership
	Learning	Listening	Logical	Loving	Loyal
	Magnetic	Mature	Modest	Motivated	Motivator
	Mysterious	Negotiator	Non-linear	Obedient	Observant
	Optimistic	Open-minded	Orderly	Organized	Outgoing
	Passionate	Patient	Peaceful	Persistent	Persuasive
	Philosophical	Playful	Pleasant	Polite	Practical
	Precise	Problem Solver	Proud	Prudent	Punctual
	Quick	Quiet	Reliable	Resilient	Resourceful
	Respectful	Responsible	Responsive	Sarcasm	Savvy
	Self-confident	Self-controlled	Self-reliant	Sensitive	Sharing

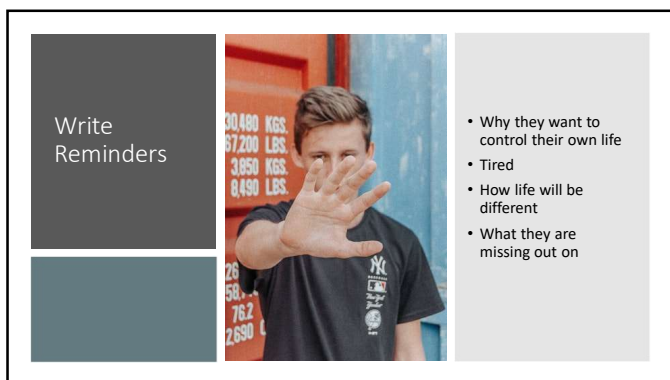
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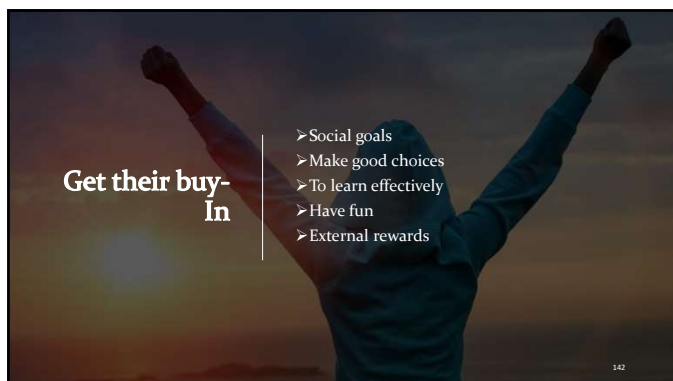
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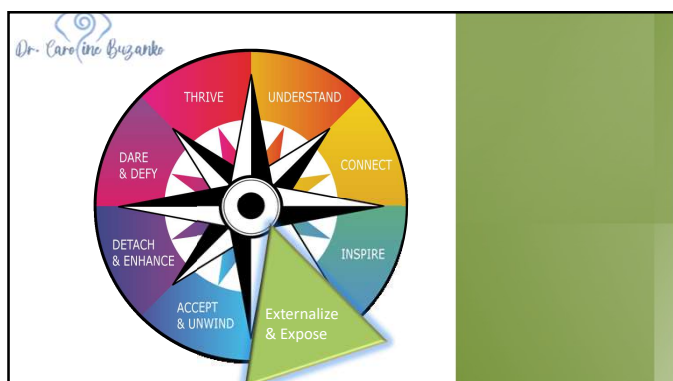
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Cost Benefit Analysis	
Benefit of being slave to anxiety <ul style="list-style-type: none"> • People tell me when things are going to change • I can take a break whenever I want • Easier • More comfortable • Won't make a mistake 	Cost/Downside of being slave to anxiety <ul style="list-style-type: none"> • Nothing is always predictable and I will be overly upset if something unexpected happens • I overreact/cry – kids make fun of me • I can't go to sleepovers • Mom always has to come on field trips • Can't do anything on my own • Feel like a baby • Other kids are getting better and I am still stuck

143



144

Externalize

You are not your anxiety

145

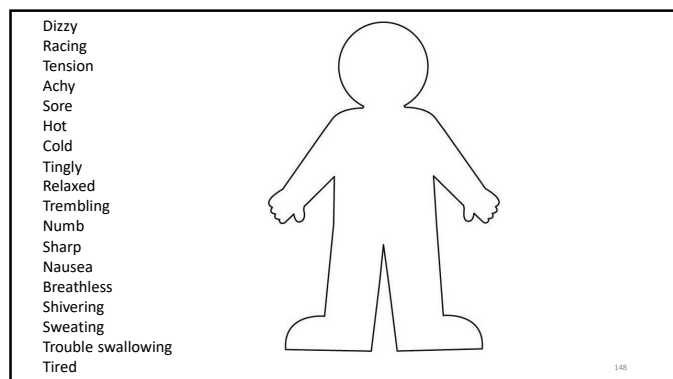
Expose it

- Remind how anxiety works
 - Yep, there's Bob, that's what it does.
 - Wow, it is really working hard to make me think the worst today!
 - Yeah, we knew it'd show up now. It doesn't want me to go to my sleepover.
 - It wants us to avoid new things.
 - It really knows how to try to stress people out.

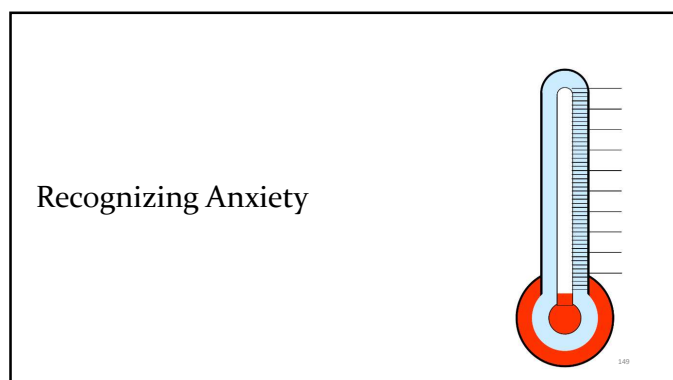
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Starts with Awareness

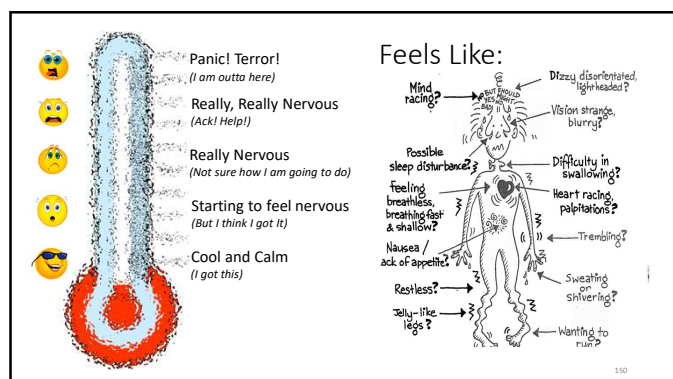
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150




Feels like
Can't breathe Sweating Vomiting
Nausea Short breathes Pounding chest
Quick breathes Clammy hands Muscle tension and headache
Quicker heartbeat Neck tension Restless
Relaxed muscles. Deep breathing. Slow heartbeat

151



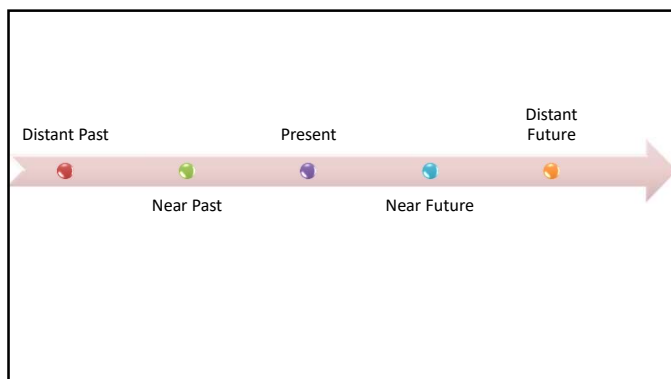
#	Feels like
5	Can't breathe Sweating Vomiting
4	Nausea Short breathes Pounding chest
3	Quick breathes Clammy hands Muscle tension and headache
2	Quicker heartbeat Neck tension Restless
1	Relaxed muscles. Deep breathing. Slow heartbeat

152



Feels like	Sounds like	Looks like

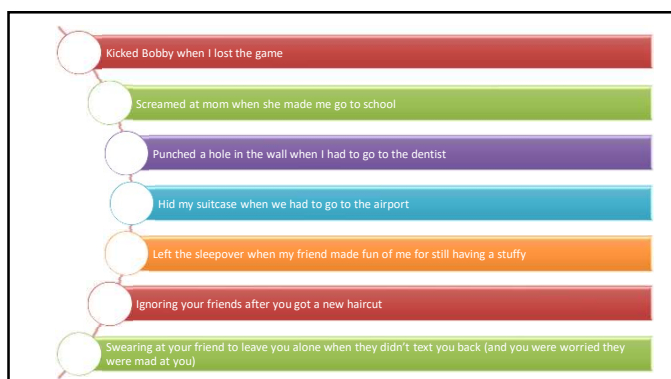
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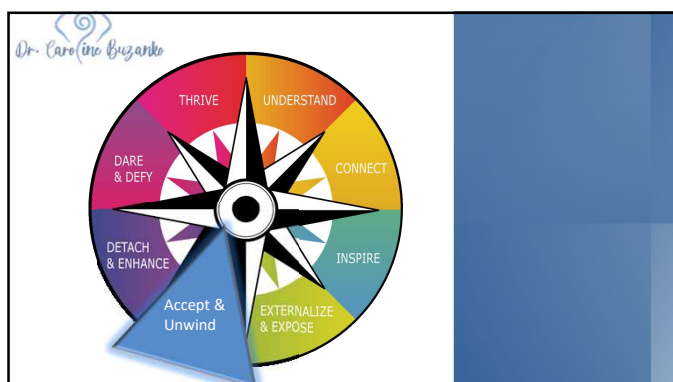


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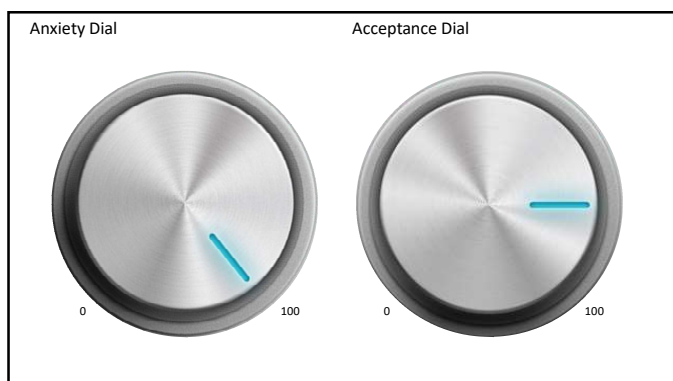
Starts with Awareness: Practice!

What am I feeling?	Situation?	How am I responding?	What I am going to do next:

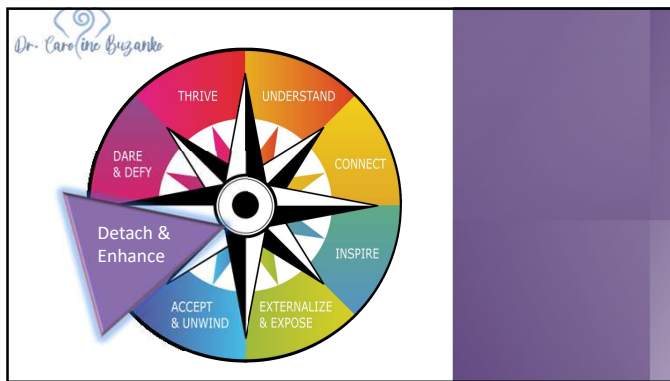
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How Anxiety Manifests...

- Thoughts (unrealistic, extreme)
 - Mom and Dad are late – they must have died in a car accident.
 - My work has to be perfect otherwise people will think I am dumb.
 - I am going to throw up at school tomorrow.
 - I can't catch a ball very well so can't go to school tomorrow when we start basketball.
 - I can't read in front of the class because everyone will laugh at me.
 - Substitutes don't know how to help me so I can't go to school tomorrow.



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Stretch

Make a list of things you or others have believed that you do not believe anymore

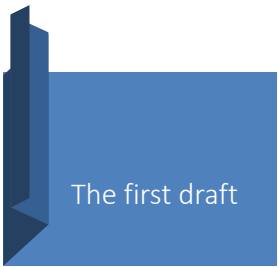
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ANTS



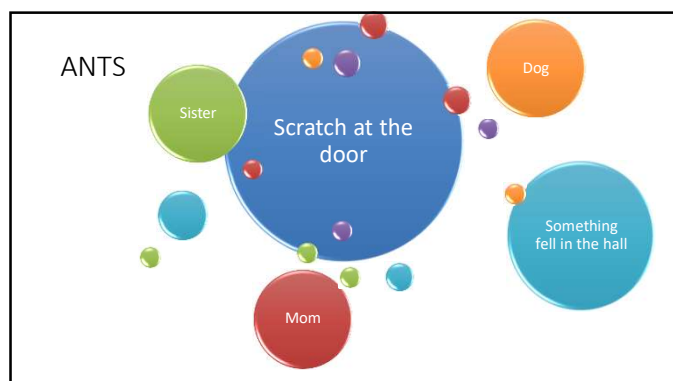
164

Wrong 99% of the time

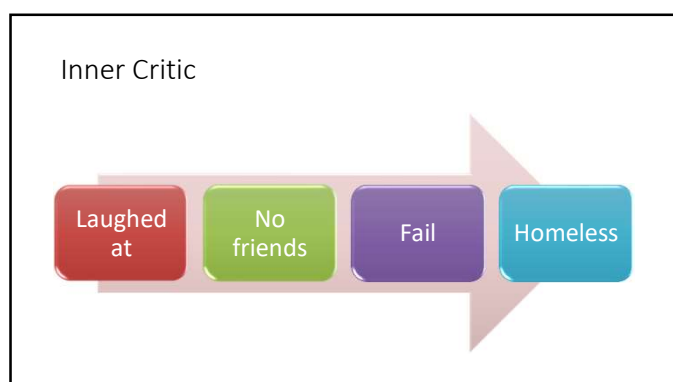


The first draft

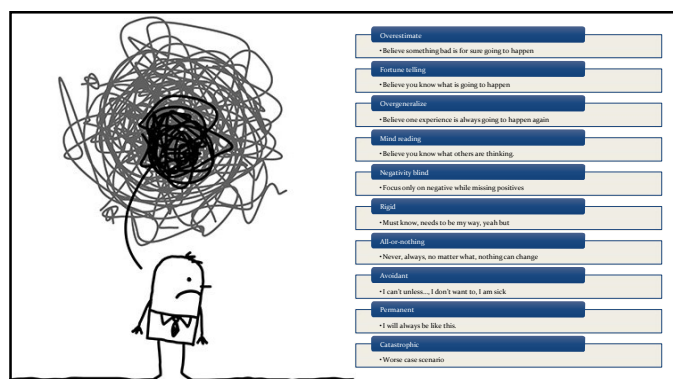
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







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Raising Awareness

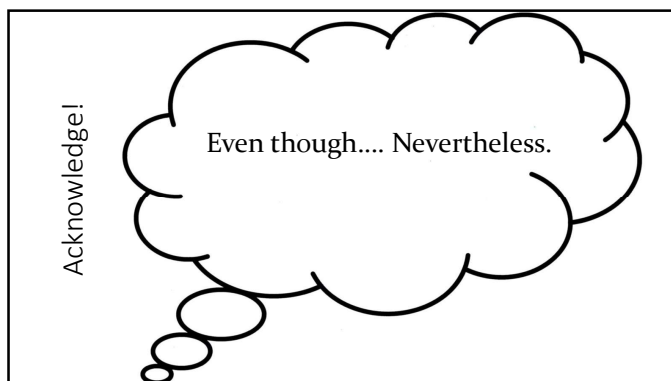
Helpful	Unhelpful
 I am going to have so much fun!	 I am going to throw up (even though I haven't thrown up in over five years)
 I can't wait to see Danny!	 Mom is going to forget to pick me up (even though she has never forgotten before)
 I have to remember to bring my swimsuit	 No one is going to play with me (even though my friend is going to be there)
	 All the bad things that will happen

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Acknowledge!

- Yep, that's your story you're trying to tell
- Nice first draft. Nice conspiracy.
- You're normal.
- This is not an emergency.
- You're annoying.
- I am learning.

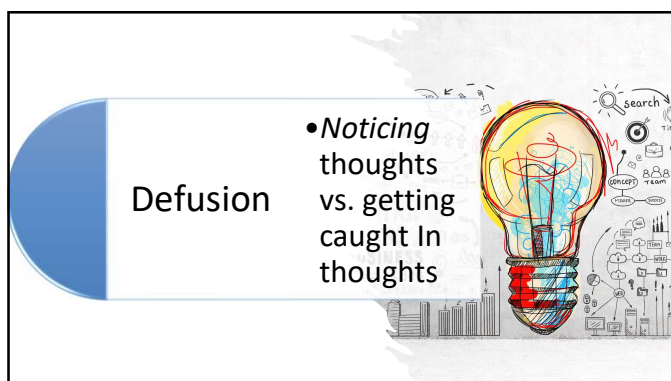
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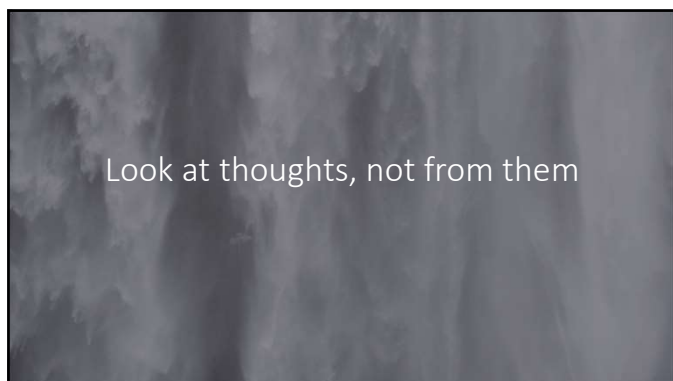
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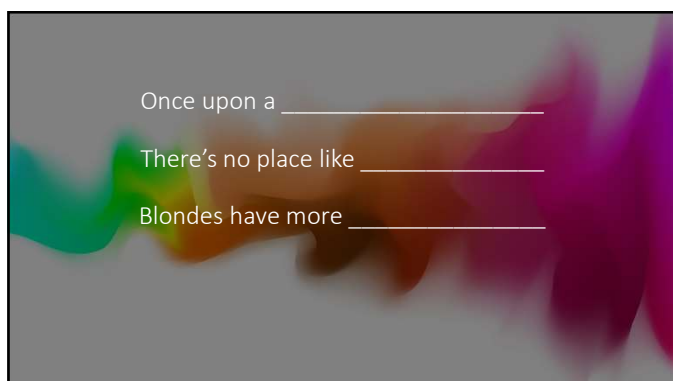
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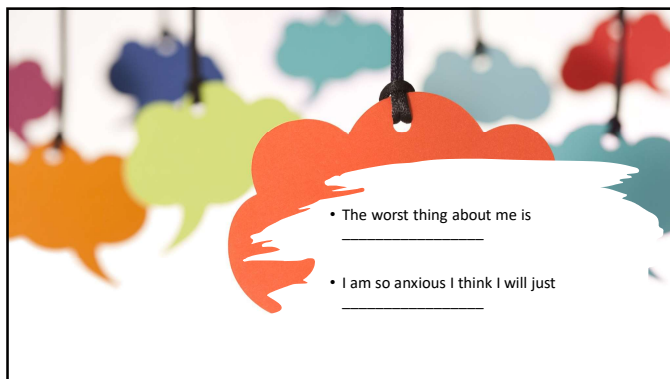
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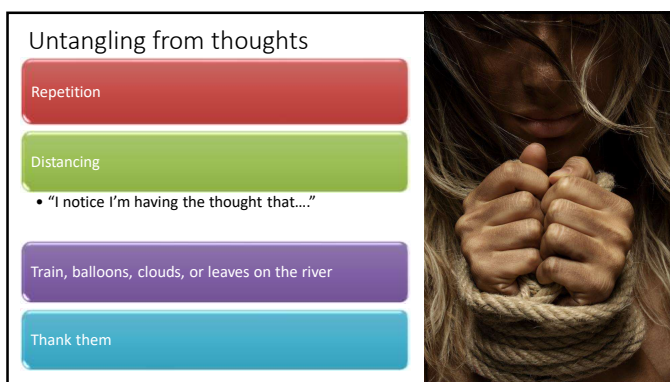
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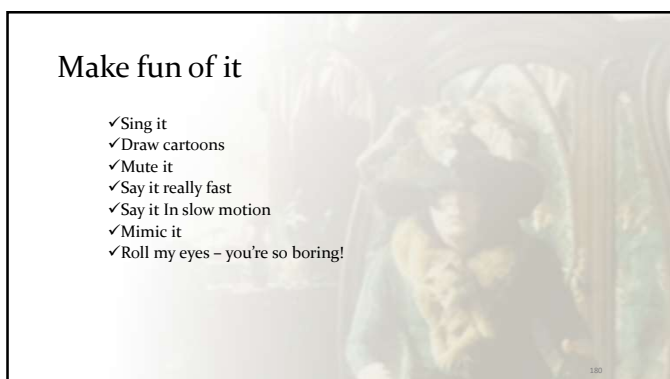
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Untangling Ourselves


War of the Worlds

Objectify

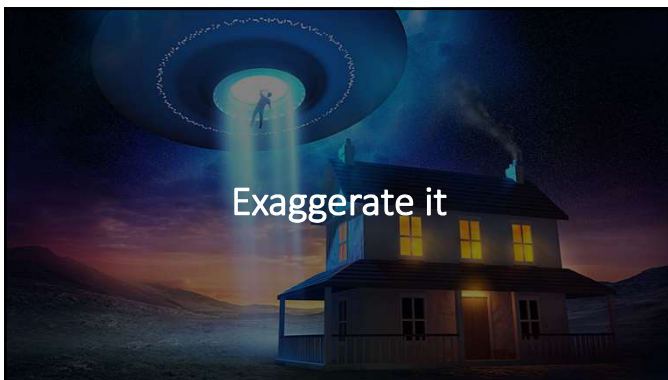
Pop-ups

Mirror observations

Name that Story



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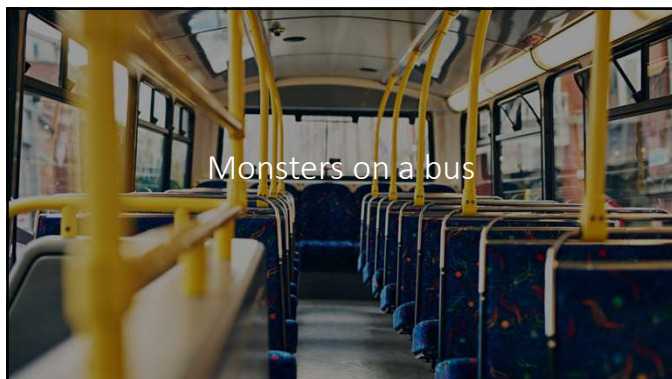
Past

Present

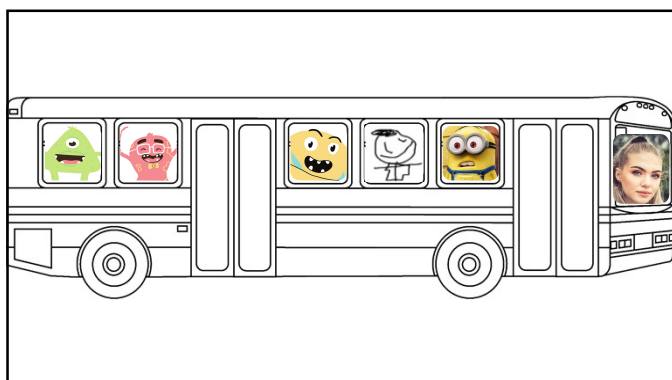
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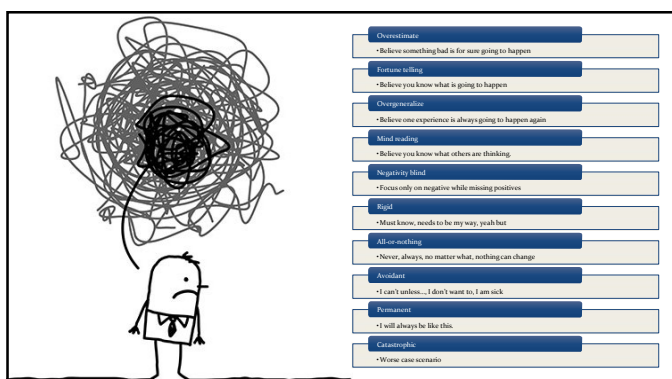
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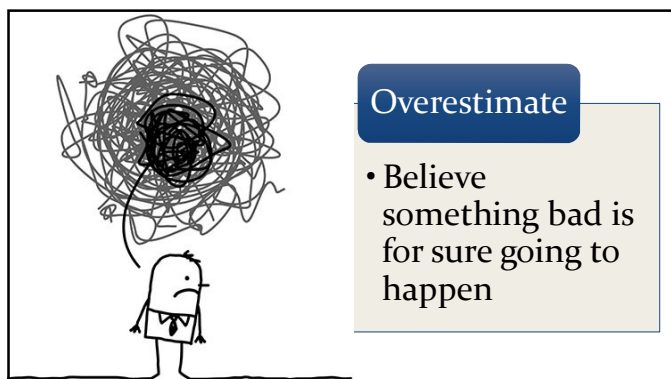
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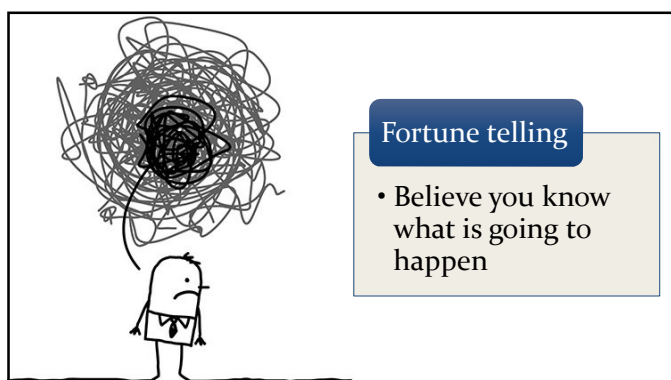
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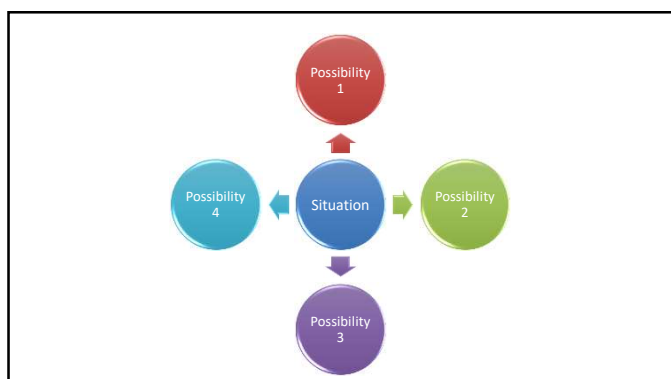
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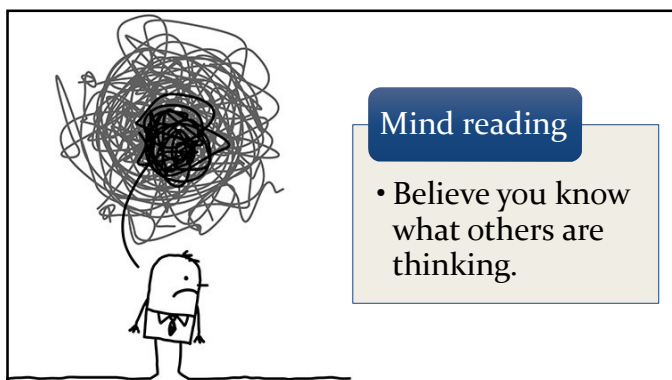
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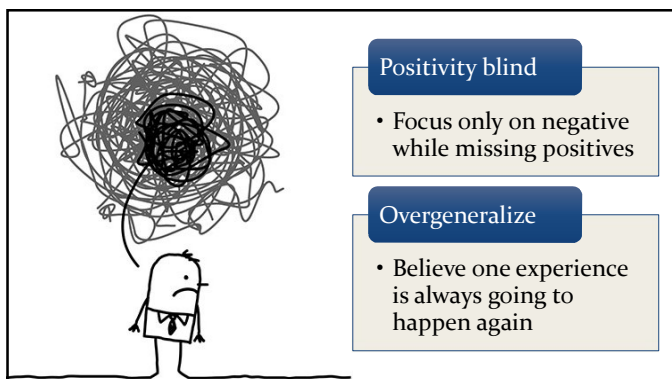
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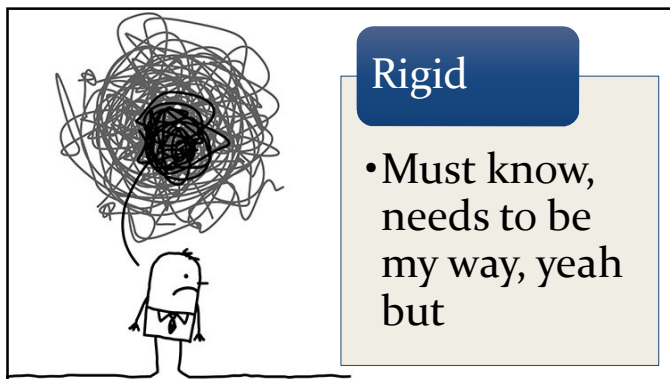
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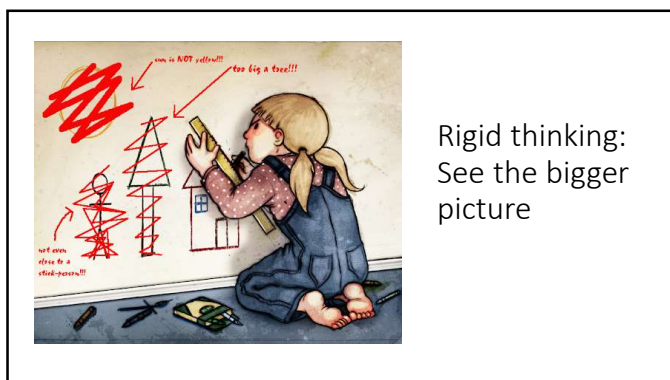
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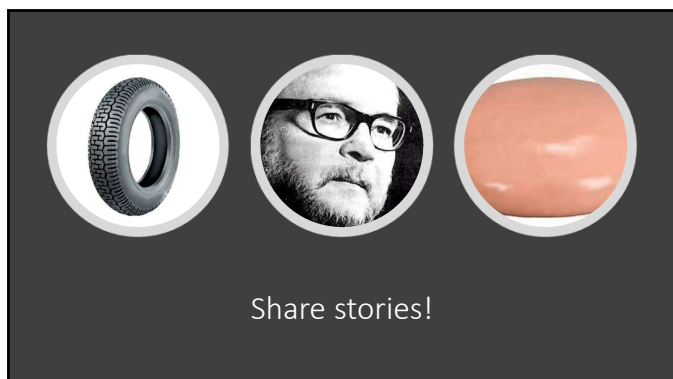
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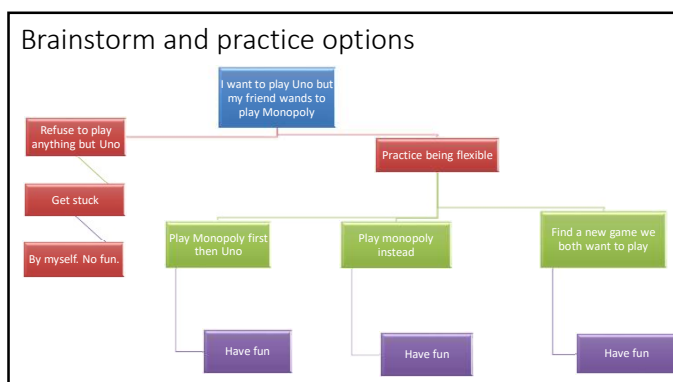
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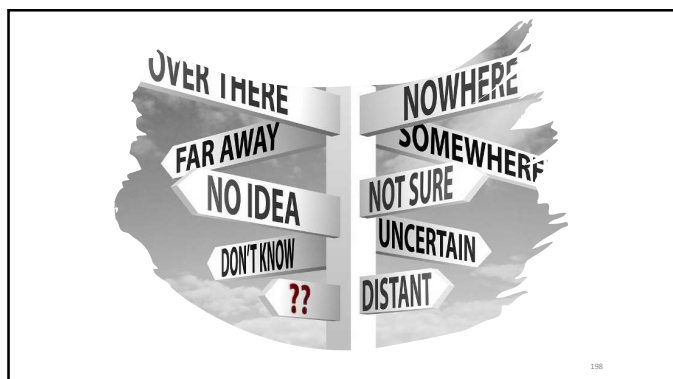
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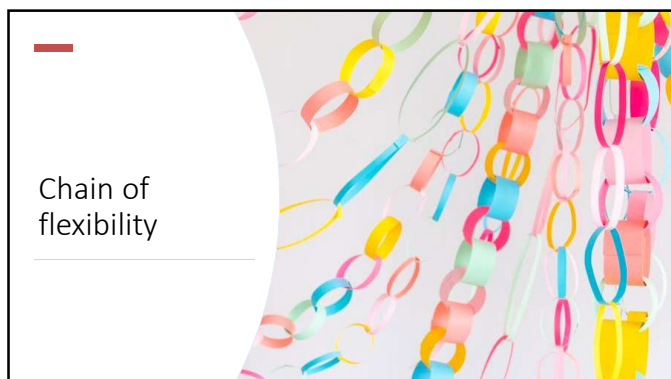
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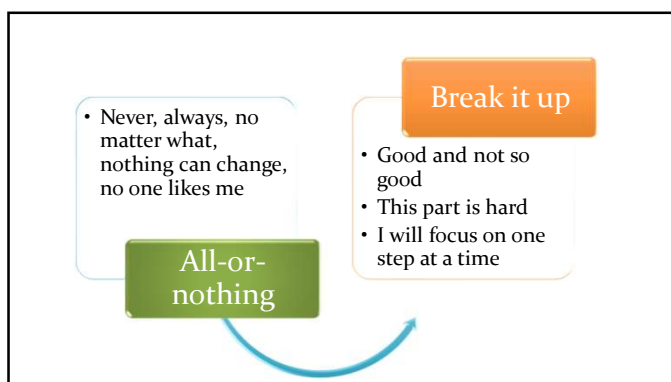
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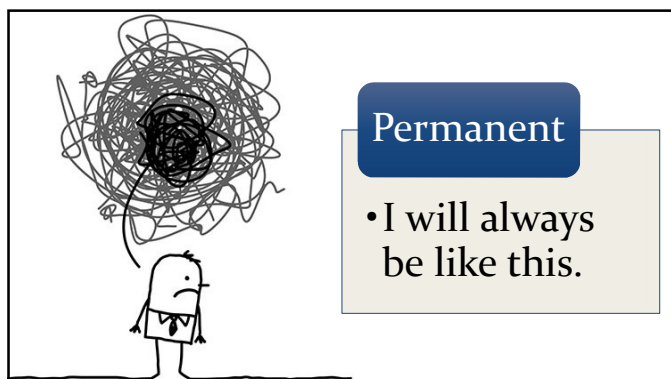
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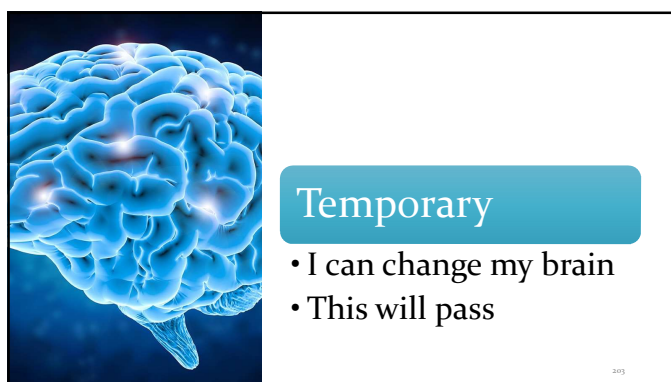
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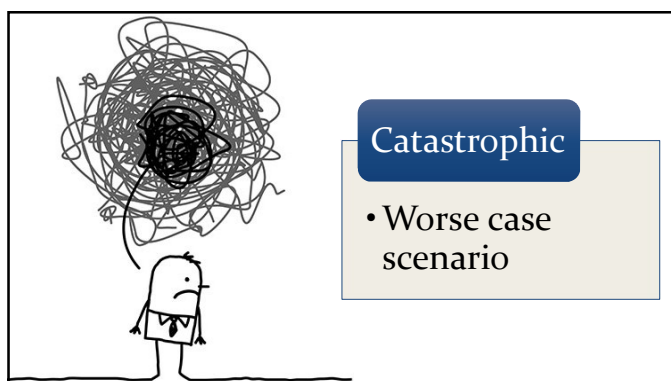
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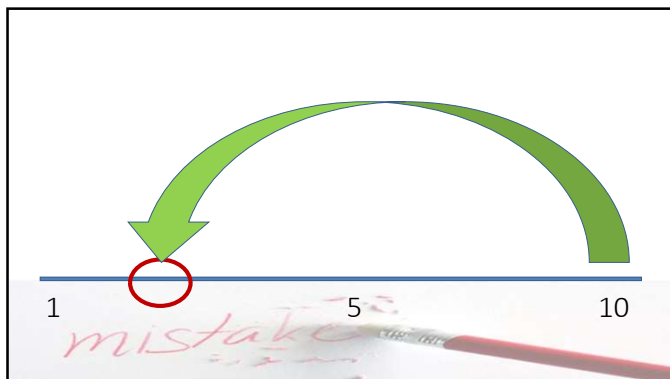
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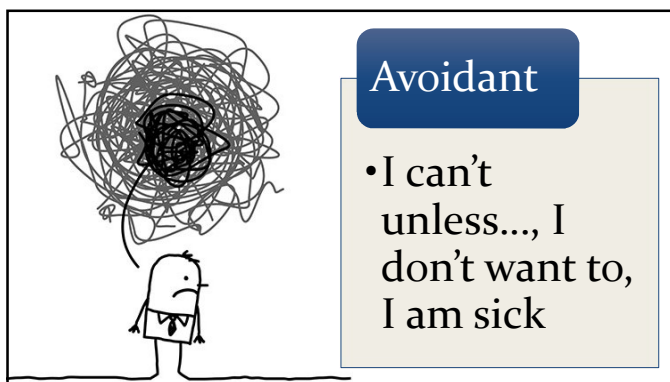
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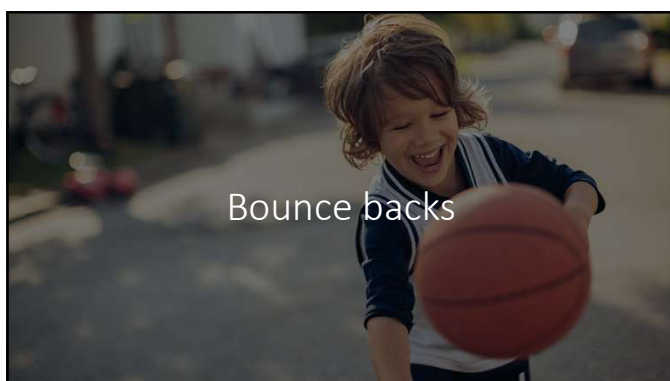
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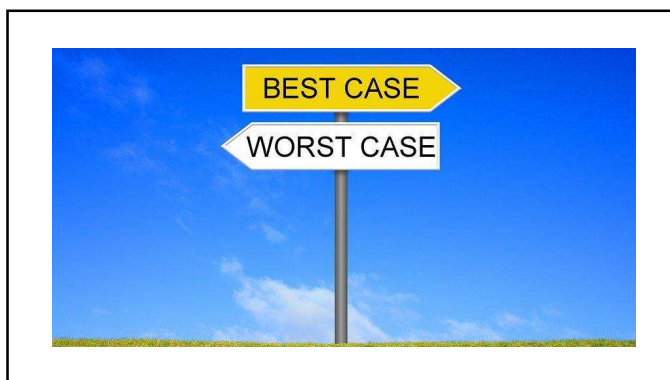
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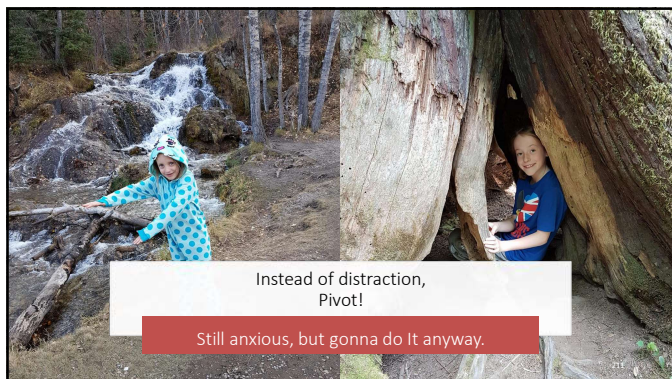
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Pros	Cons
Mom gets to comfort me a little longer.	I cannot go into class at the same time as my friends.
I miss roll call and won't get yelled at for not sitting at my desk.	I will be more noticeable if I come in late.
	I miss being chosen for fun jobs.
	I am always last to get a book and all the good ones are gone.

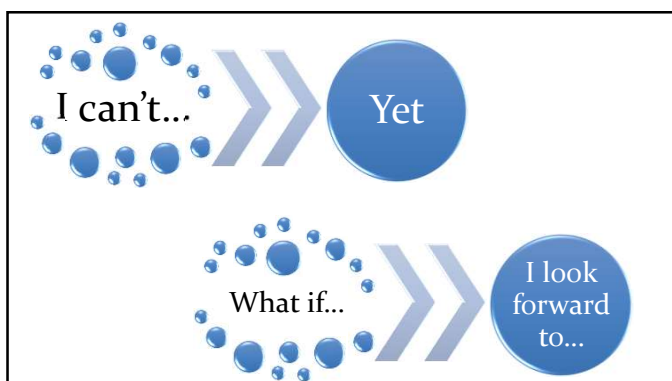
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Write it out!

- I want to go to the sleepover and have fun so I am willing to not know if I will fall asleep or not
- I want to be part of the play so I am willing to go to the audition and I am willing to feel anxious
- I want to go on the trip so I am willing to go to get the needle and not know how much it will hurt

What story DO you want to buy into?!

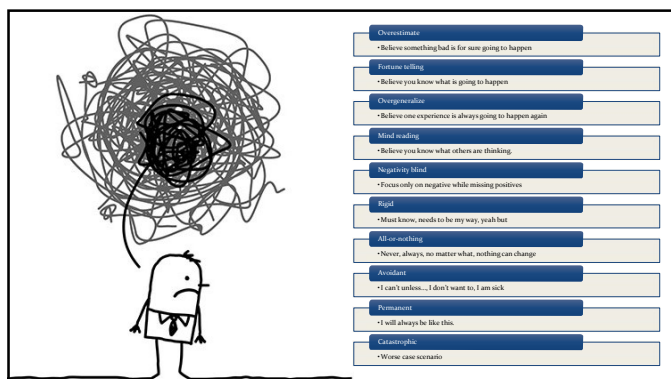
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FLIPSIDE



- Draw a picture of a difficult situation & draw on the flipside them mastering it
- Help internalize messages
 - What did you do to get there?
 - How did they master the situation

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217

Develop personal mantras

Fall seven times, get up eight (Japanese Proverb)

Only those who dare to fail greatly can ever achieve greatly (Robert Kennedy)

Failure is the opportunity to begin again more intelligently (Benjamin Disraeli)

You miss 100% of shots you don't take. (Wayne Gretzky)

218

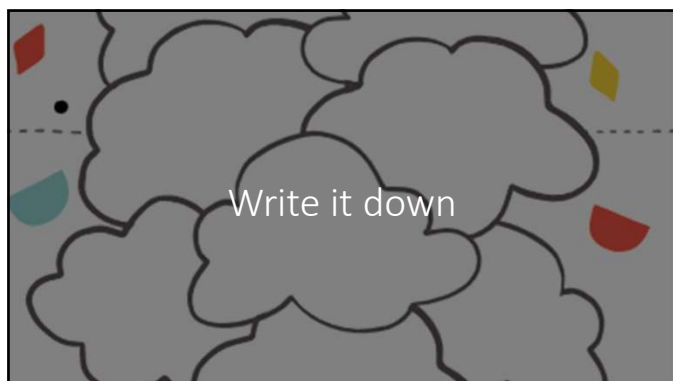
This feeling isn't great. But I am still learning. And I can handle it.

I can be anxious but follow through with what I need to do.

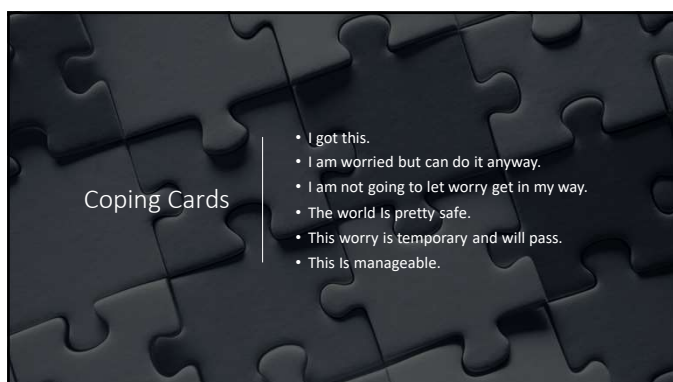
This is temporary. I will just let my body do its thing.

This isn't an emergency. I have felt this way before and will make it through again.

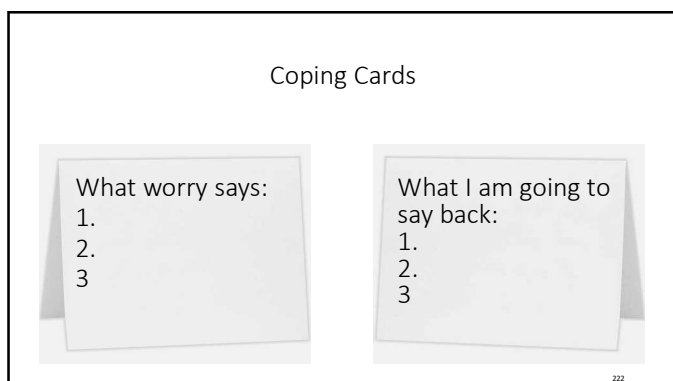
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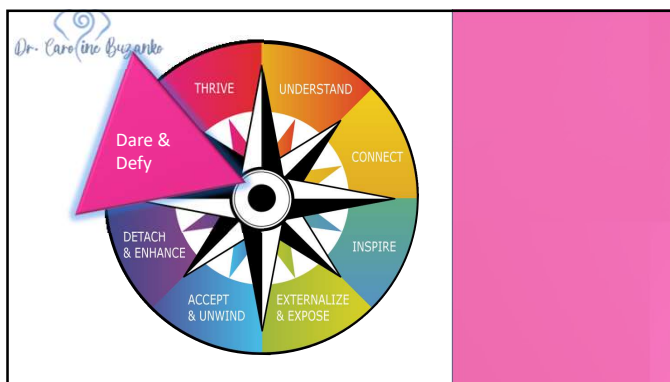
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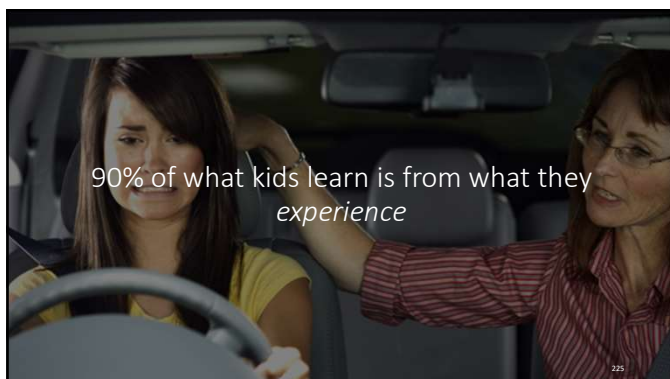
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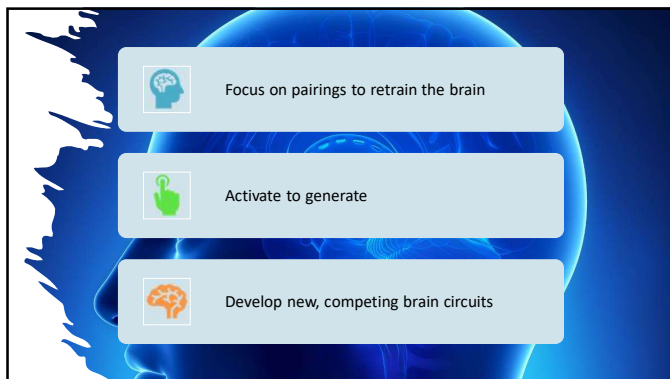
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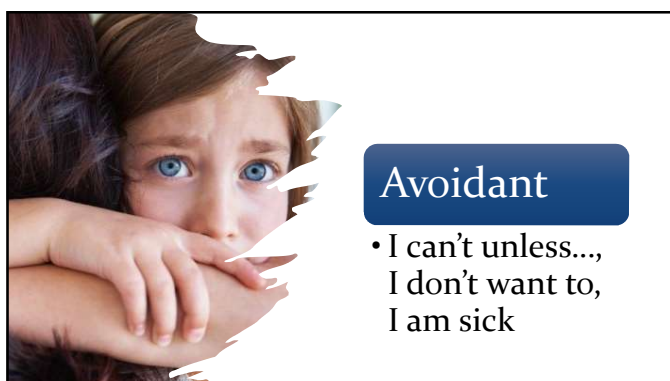
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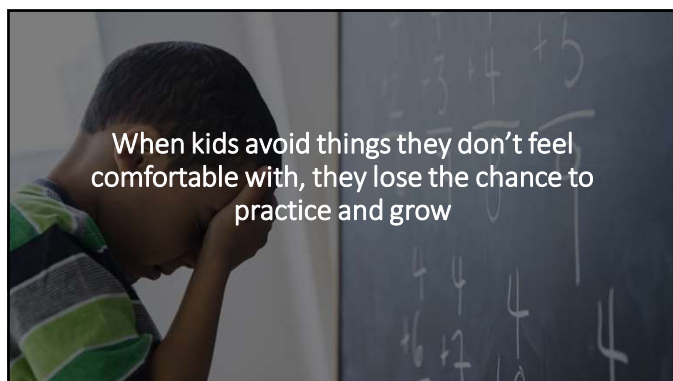
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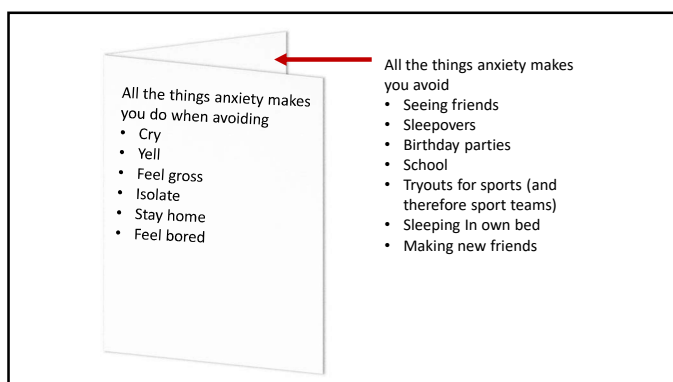


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When kids avoid things they don't feel comfortable with, they lose the chance to practice and grow

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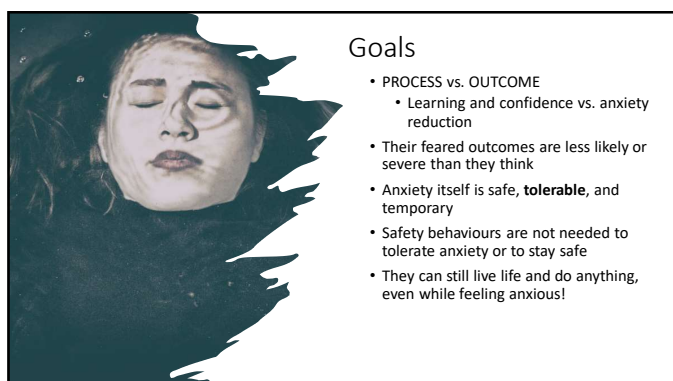
All the things anxiety makes you do when avoiding

- Cry
- Yell
- Feel gross
- Isolate
- Stay home
- Feel bored

All the things anxiety makes you avoid

- Seeing friends
- Sleepovers
- Birthday parties
- School
- Tryouts for sports (and therefore sport teams)
- Sleeping in own bed
- Making new friends

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Goals


- PROCESS vs. OUTCOME
 - Learning and confidence vs. anxiety reduction
- Their feared outcomes are less likely or severe than they think
- Anxiety itself is safe, **tolerable**, and temporary
- Safety behaviours are not needed to tolerate anxiety or to stay safe
- They can still live life and do anything, even while feeling anxious!

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Foundations of Effective Exposure

- Contradicting information
- Maintaining variables eliminated
- Generalized
 - Variable stimuli, content and contexts


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Functional Assessment

- Antecedents
 - Triggers: Situations, stimuli and overall context
 - External situations and stimuli
 - Internal body sensations
 - Intrusive thoughts
- Consequences
 - Response to anxiety
- Connections between the two

233




Important!

- Must understand the thing they worry about AND the meaning they give that thing
- Don't assume we know the meaning!

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Important!



What would be awful about that?

- Kids will laugh at me

What would be awful about that?

- I will be embarrassed

What would be awful about that?

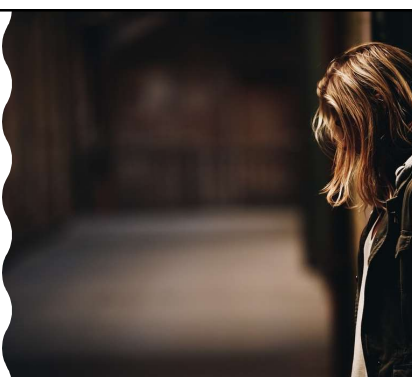
- Kids won't like me

235

Antecedents (Triggers to anxiety)	
Seeing a picture of a snake	
Thinking about a snake	
Someone talking about a snake	
Seeing a snake in its cage	
Seeing someone holding a snake	
Seeing a snake on TV	
Snake slithering on the ground in front of me	
Knowing someone was going to bring a snake for show & tell	

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- What was happening right before?
- What did it feel like in your body?
- What conspiracy was it trying to spin?
- What did you do when it told you its story? Did you try to do something to feel safe?
 - Did it help?



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Safety behaviours

- Passive avoidance
- Excessive checking
 - Reassurance seeking
- Overt compulsions
- Covert compulsions
- Safety signals

238

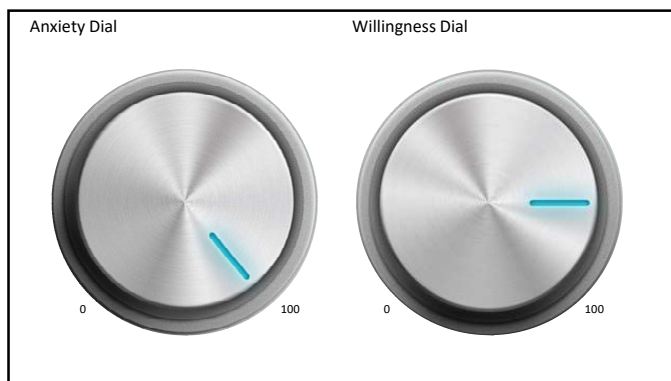
Getting unstuck

239

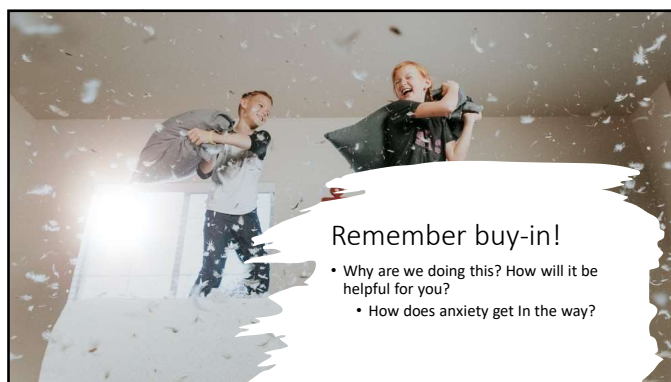
GOAL: Build Worry Tolerance

- NOT resist, control, or eliminate anxiety
- Anxiety is still there but I am going to do the opposite anyway

240



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245

Setting up Exposure

- Rationale and buy-in
- Honesty
 - Anxiety is uncomfortable but normal, safe, and temporary
- Remind them how anxiety works
 - Thoughts affect our body and behaviours and gets us stuck
 - No safety behaviours – response prevention!
 - Get unstuck and learn how to handle anxiety with exposure
- Collaborate: no specific order

246

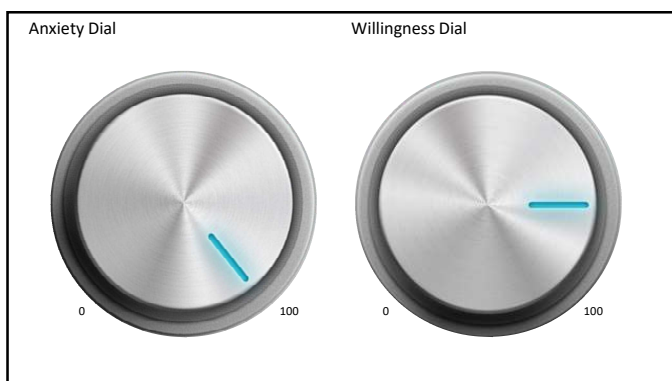


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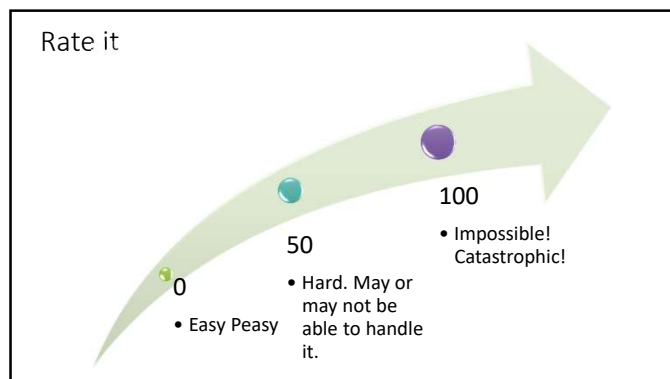
Setting up Exposure

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- Collaborate: no specific order

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250

Rate it

Antecedents (Triggers to anxiety)	Awfulness
Seeing a picture of a snake	50
Thinking about a snake	30
Someone talking about a snake	30
Seeing a snake in its cage	70
Seeing someone holding a snake	80
Seeing a snake on TV	60
Snake slithering on the ground in front of me	100
Knowing someone was going to bring a snake for show & tell	100

251

Rate it

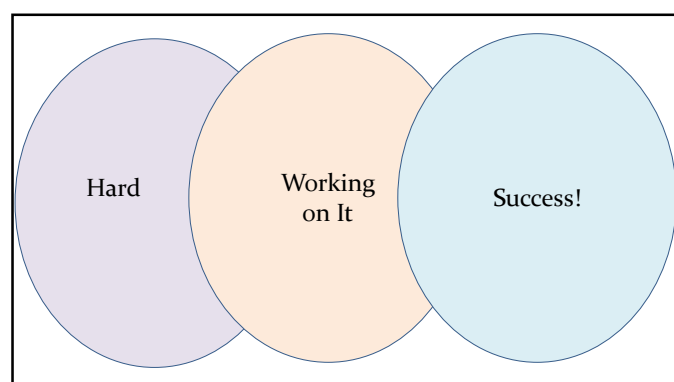
Antecedents (Triggers to anxiety)	Predicted Awfulness	Actual Awfulness	Later
Seeing a picture of a snake	50	50	30
Thinking about a snake	30	20	
Someone talking about a snake	30	10	
Seeing a snake in its cage	70	50	
Seeing someone holding a snake	80	60	
Seeing a snake on TV	60	50	
Snake slithering on the ground in front of me	100	60	
Knowing it is coming for show & tell	100		

252

Rate it

Antecedents (Triggers to anxiety)	Predicted Awfulness	Actual Awfulness	Later
Seeing a picture of a snake – staring at it for 5 min.	50		
Standing in front of the cage for 2 min.	70		
Seeing someone holding a snake for 2 min.	80		
Watching a snake on TV for 10 min.	60		
Snake slithering on the ground in front of me	100		
Watching it for all of show & tell	100		

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Exposure

Collaborate – need to focus on things they WANT to and then figure out how

What should we start with?

Predict:

What will worry say?

How will your body feel?

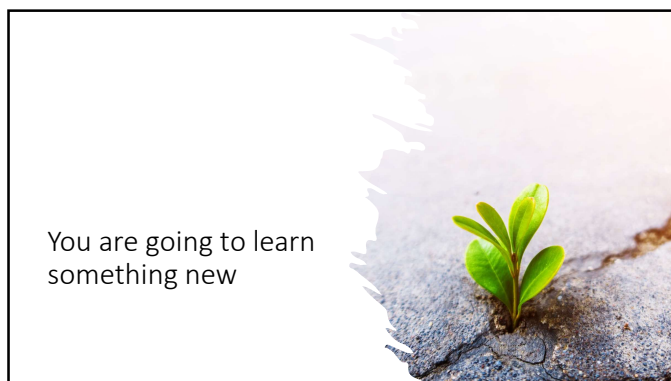
What will your parents do if you get sucked back in?

What can you say if your parents get sucked in?

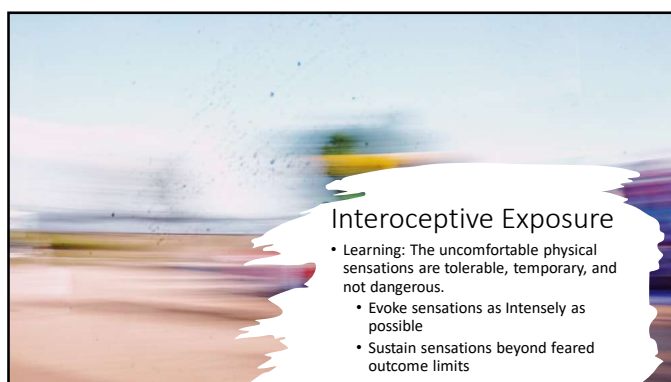
What will happen if you move on when worry shows up?



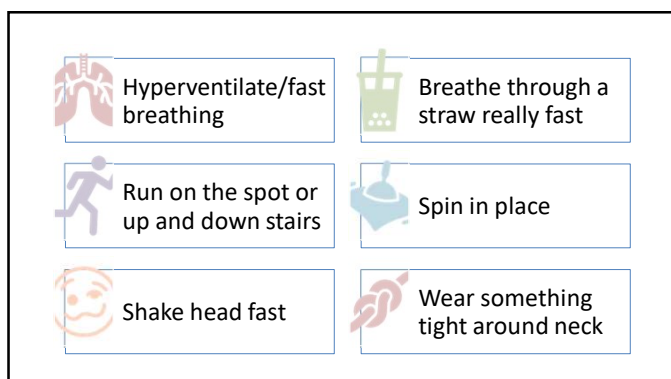
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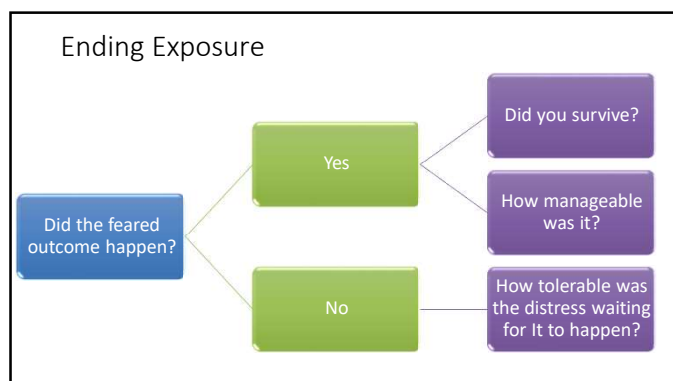
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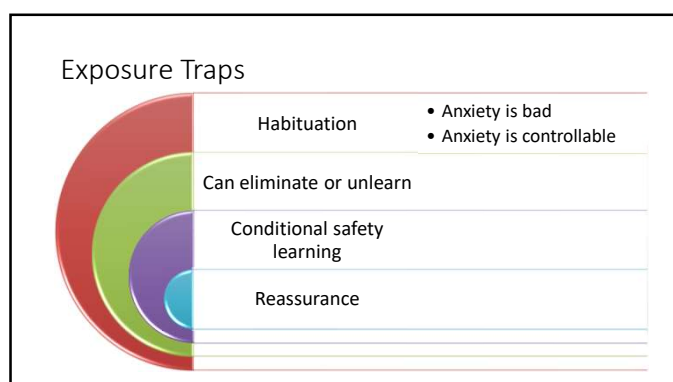
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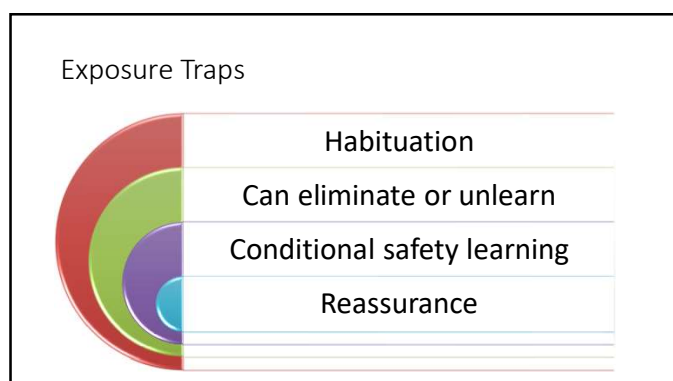
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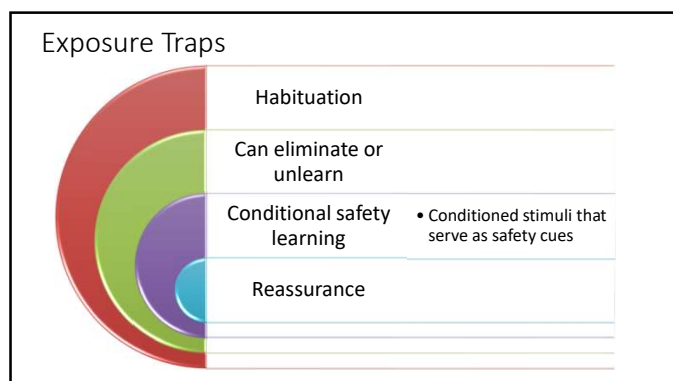
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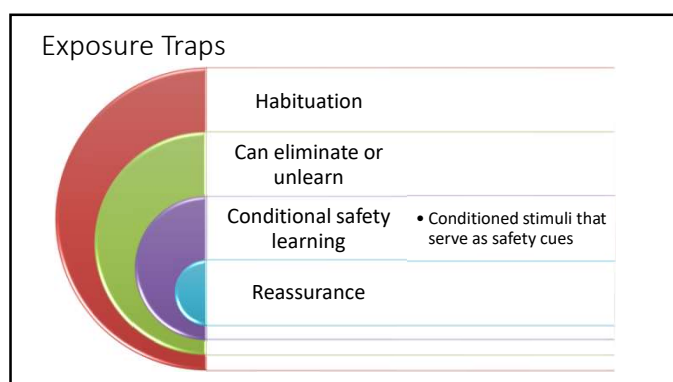
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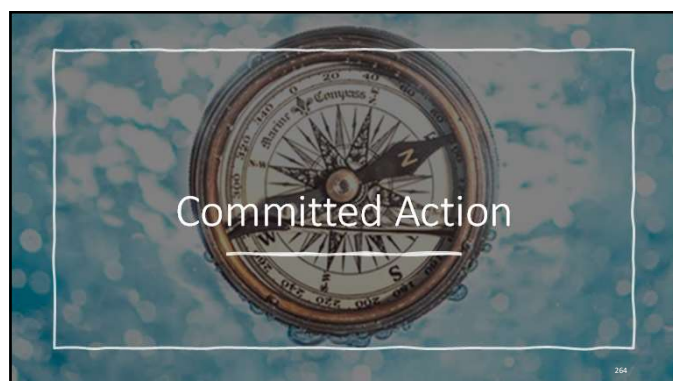
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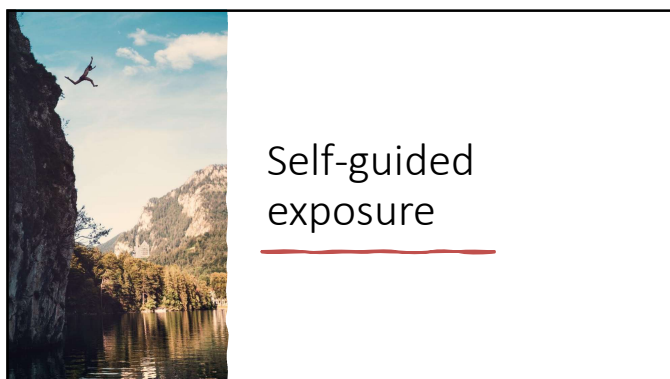
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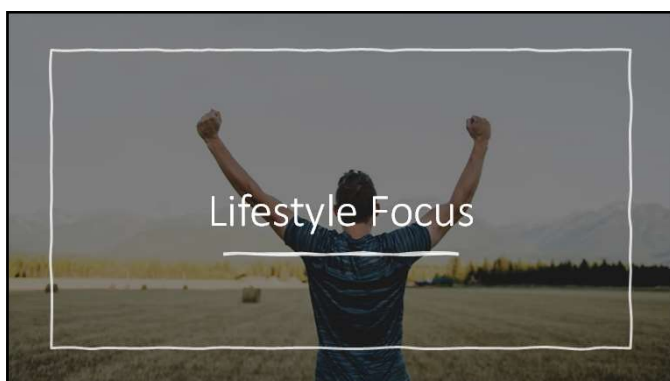
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Work on it everyday

- Focus on what skills your child needs to develop specifically
 - Problem solving
 - Making mistakes
 - Asking for help
 - Frustration tolerance
 - Persistence

**BE BRAVE.
EVERY DAY.
AND PUSH
YOURSELF
TO THE LIMIT.**


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Smash Patterns


- Change it up!
- Length of time
- Distance
- Time of day
- Places
- People



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Smash Patterns

- Do opposite
 - Of what normally would do
 - Of what worry expects
 - Break worry rules
- Create opportunities for greater Independence
- Go beyond comfort
 - Be silly!



269

Praise Brave Behaviours!!!



270

Willingness
Action Plan

Goal:

Big why:

The steps I need to take are:

I will take the first step on 1/20/21 at 10:00.

The discomfort I am willing to have to achieve this goal:

Thoughts:
Feelings:
Sensations:
Urges:
I can remind myself that:

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Why this is Important:

Goals	Action	Barriers	Strategies

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Committed Action


- F
- E
- A
- R

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Common Obstacles:

- Lack of understanding about anxiety and what maintains it (kids and/or parents)
- Unclear rationale
- Kids not involved in selecting and planning
- Exposures aren't worrying
- Something still makes them feel safe
- Practice sessions too narrow
- Response prevention implemented incorrectly
- Depression

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Helpful tips

- Model
- Don't rush!
- Good debrief
- Lots of mini sessions close together

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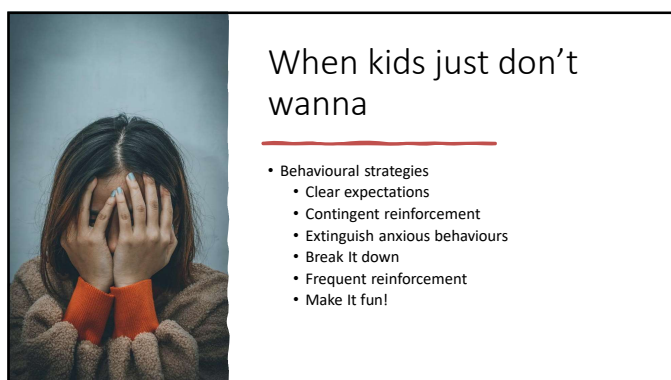
When something bad DOES happen

- Yay!
- Importance of keeping going

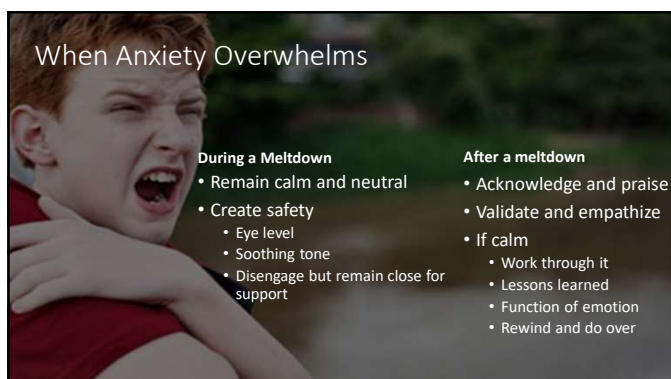
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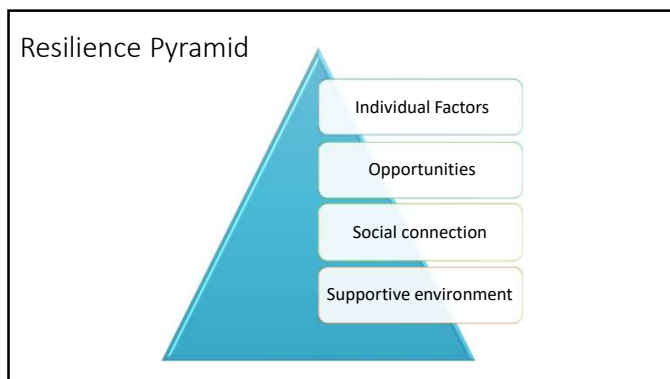
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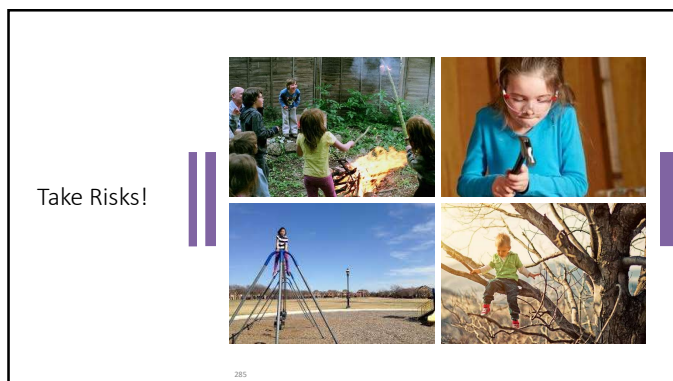
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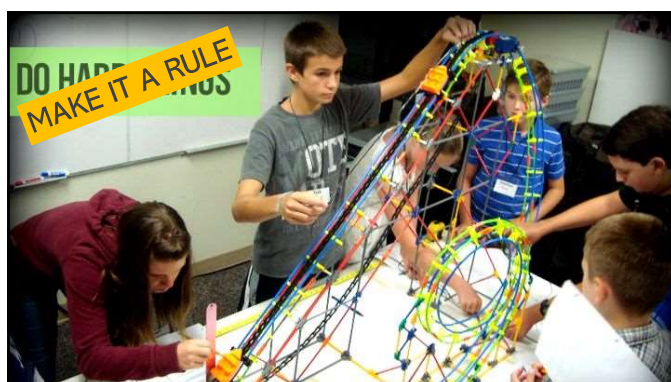
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Create Opportunities for Independence

- Give kids the chance to do, think, be, and make mistakes on their own
 - Get ready to go home
 - Pack own bag
 - Check their homework
 - Solve conflicts
 - Make their own friends
- Encourage kids to try new things, even when scared
 - Create opportunities to be successful (especially with previous failures)
- Teach kids to be comfortable in the world



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Opportunities :
Capitalize on current challenges!

- Challenges are part of life.
 - Dealing with them is part of learning.
- Optimize teachable moments
 - Let them try.
 - Let them fail (but don't set them up for failure)
 - Kids to take accountability
 - Understand other's perspectives
 - See the consequences of their behaviours
 - Work through next steps and how to fix things

290

Create challenges!




Who wore which color?

- Rachel, Linda and Eve were friends sitting in a circle on the grass.
- Rachel passed 3 chocolate chip cookies to the person in blue.
- Eve passed 3 macaroons to the person who passed her cookies to the person wearing green.
- Each person passed 3 cookies to the friend on her left.
- Rachel, Linda, and Eve were dressed in red, blue, and green, but not necessarily in that order.
- The person who wore green did not get a macaroon.
- The person wearing red passed along 3 oatmeal cookies.

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Exposure

- Talking not enough to change the brain
- Doing makes stronger memories
- Doing gives us experience
- Worry **MUST** show up for learning to happen
- Do new things – more engaging. And, stretching!
- Quicker progress



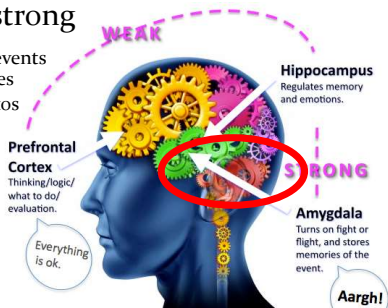
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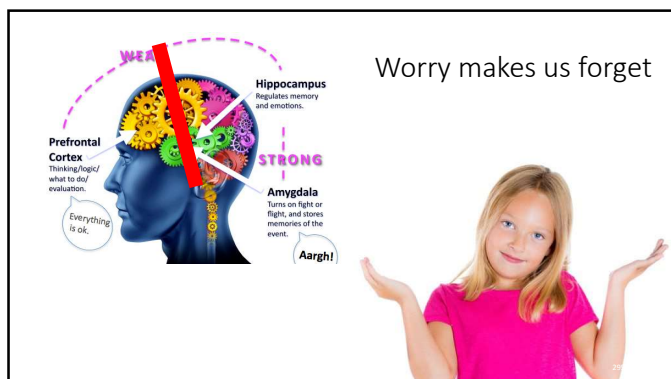
293

Worry can be strong

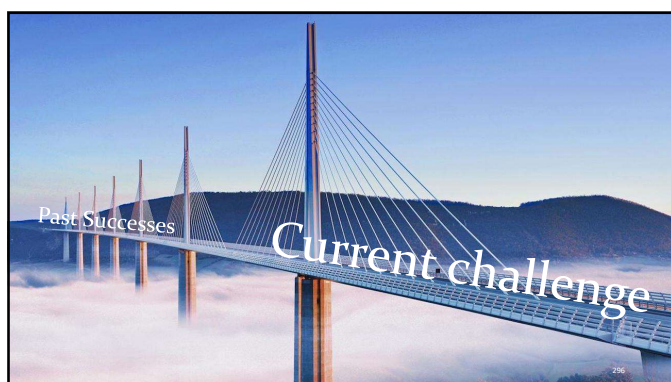
- Negative, worrisome events create strong memories
- Look through photos
 - Happy times
 - Learning
 - Successes



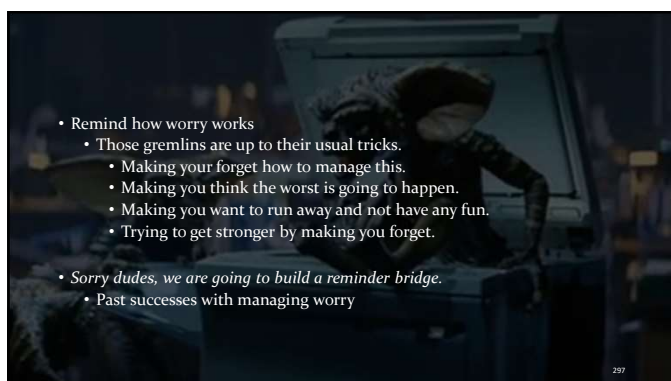
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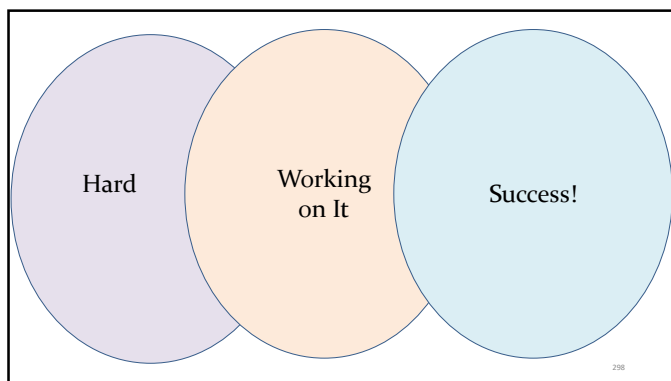
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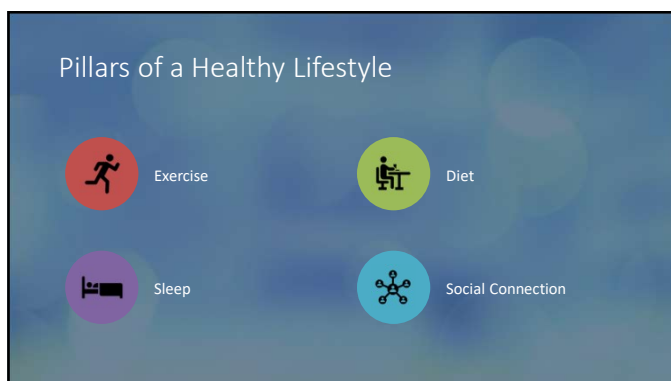
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300

Exercise

- Kids are not meant to sit all day
- Stretching and yawning can reduce stress
- Exercise boosts serotonin and melatonin
- Tires and relaxes muscles,
- Supports bodily processes for sleep

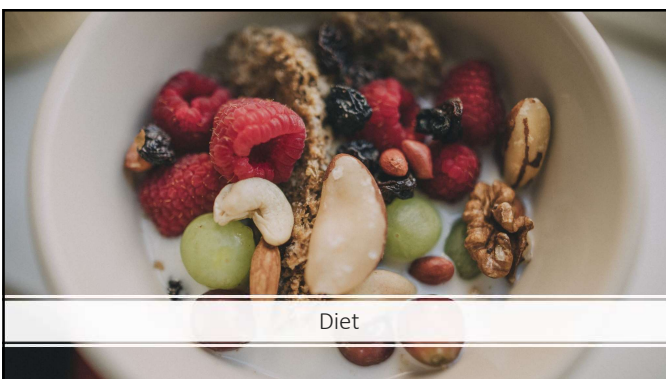


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Yoga

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Diet


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Sleep

- Find best bedtime based on when kids need to wake up
 - Let kids wake up on their own
 - Same bed and wake up times, even on weekends
- Pre-bedtime routine 45 minutes with calming activities
 - No screens!
 - Meals & exercise 3 hours before
- Optimal environment
 - Dark and cool
 - No toys or other activities
- Avoid co-sleeping
- Limit stressful content
- Positive activities through the day



305



Minimize Screen time

- Exposure to fearful images and stories
- Weaken their ability to use their brain power to overcome anxiety and be present

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General Tips

- Family fun
- Avoid overscheduling
- Downtime
- Play
- Calm mornings
- Green time



307

Family Rituals: Tea time!

- Reading or homework
 - Chamomile – helps with sleep
 - Jasmine and lemon balm also soothing



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Family Rituals: Let It go

- Daily intention
- Example: Imagine washing away stress when wash hands.
 - Stay fully present to feel the suds and the water
 - Mantra – I am letting go all of the stress and worries. I am going to have a restful night.



309

Family Rituals Dance party

- Friday shake
- Dance lets go of tension
 - Few minutes of music; let go of self-consciousness!!!!
 - Upbeat
 - Get jitters out
 - Shake your whole body



310

Relaxation *As a Family!*

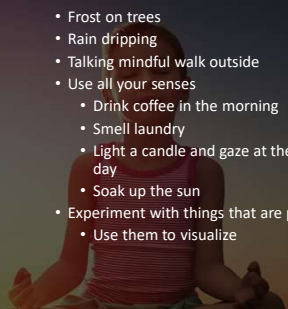
- Mindfulness
- Muscle relaxation
- Deep breathing
- Mantras (Positive self-talk)



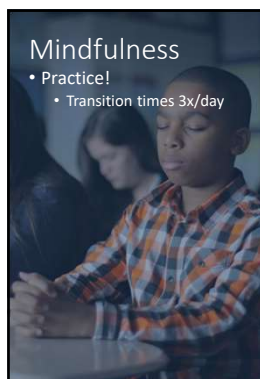
311

Model Mindful Presence (Comment as you do)

- Frost on trees
- Rain dripping
- Talking mindful walk outside
- Use all your senses
 - Drink coffee in the morning
 - Smell laundry
 - Light a candle and gaze at the end of the day
 - Soak up the sun
- Experiment with things that are peaceful
 - Use them to visualize



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Mindfulness


- Practice!
 - Transition times 3x/day

5 senses countdown	<ul style="list-style-type: none"> 5 things you see 4 things you feel 3 things you hear 2 things you smell 1 thing you are proud of
Mindful walking	<ul style="list-style-type: none"> Feel both feet on the ground. Feel shifting your weight. Feel your leg swing and making contact with the ground.
Mindful eating	<ul style="list-style-type: none"> Chocolate The first 3 bites of every meal
Embedded within activities	<ul style="list-style-type: none"> Bathing/showering Washing hands Writing

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Mindfulness

- Create!
 - Any repetitive action
 - Chewing gum
 - Rolling coins, sorting rainbow loom
- Experiment!
 - Physical activities
 - Music
 - Outdoors
 - Things that are peaceful



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Progressive Muscle Relaxation

- Sit/lie comfortably
- Tense/relax cycles (5-10 sec., 10-15 sec.)
- Controlled belly breathing (5 sec., 10 sec.)
- Relaxed state (30 sec.)

315




Wind down the night

- No screens (or homework) 2+ hours before
 - Stops melatonin from being released
- Dim lights
- Read, soft music ok
- Gentle side stretch
- Review of positives with snack
 - Protein and carb – cottage cheese or Greek yogurt with dried apricots, Turkey on bread with milk. No cocoa.

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- Get the blood flowing between both hemispheres of brain
 - High knees and slap hand to opposite knee
- Rub hands together and place on forehead with deep breaths
 - Stimulates blood flow
 - Sends calming signals to nerves

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Positive Experiences

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Self-soothing

- Play!
- Music
- Nature
- Warm bath
- Wrap in warm blanket out of dryer
- Smells
- Hobbies/crafts
- Chimes, bells, crystal bowls – reverberate
- Mantras – repeated 10x morning and night
- Touchstones to remember to practice
 - Crystals, rock, mineral – natural resources



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Breathing is important to **reset** (but is not treatment on its own)

- Deep breathing – increases oxygen flow to the brain and organs, decreases muscle tension, increased focus, etc.
- Chronic anxiety and stress conditions the breath so much that even when we sleep our breath does not return to optimal breathing
 - Must ensure we get deep breaths in



320

Breathe Proactively

- Breathe into belly then chest
- Slowly exhale saying cue word (e.g., calm, relax, let go) under breath
- Let muscles go limp and warm. Loosen face and jaw muscles.
- Remain in resting position 10-15 seconds
- If time, consciously count 10 breathes



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