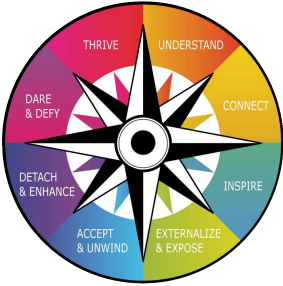


Dr. Caroline Buzanko

The Anxiety Compass: The Ultimate Process to

Help Children & Teens Tame Anxiety Gremlins

Dr. Caroline Buzanko, R. Psychologist
www.drcarolinebuzanko.com
info@koruppsychology.ca



1


Why is this important?

- Anxiety is the most common mental health problem in kids K-12
- Anxiety leading reason for children's emergency room visits and hospitalizations

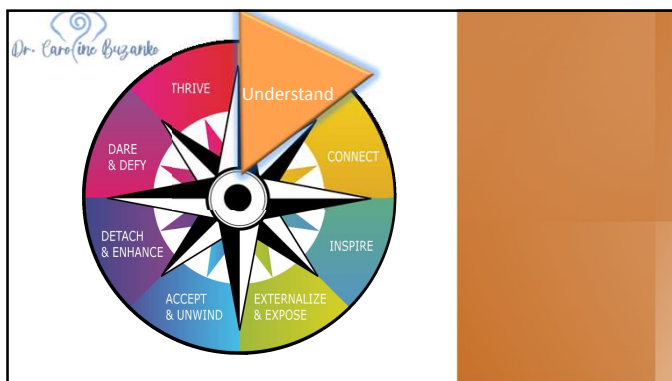


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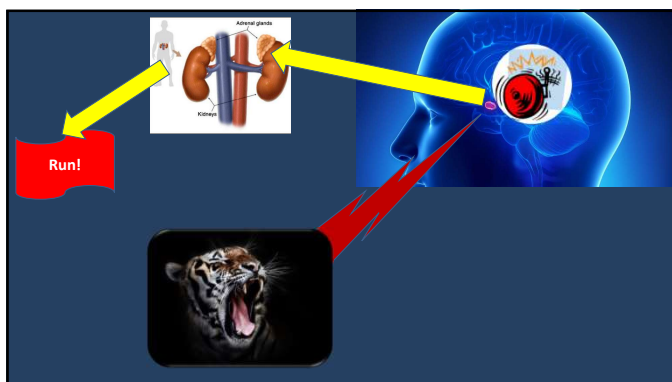
- Not something you outgrow. Worsens over time
- Teens are extremely susceptible for developing anxiety
- Untreated anxiety is the leading predictor of depression in teens & young adults
- 70% of all mental health problems begin in childhood and adolescence
- Early intervention helps minimize later problems with depression
- Most go without effective support
- BUT, its highly treatable!!!!



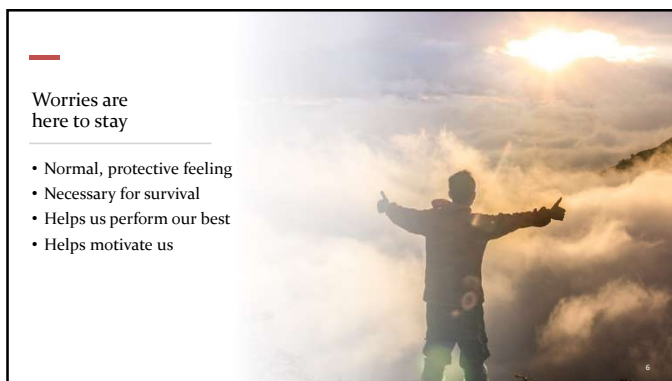
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4



5




6

Worries are here to stay

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



7



Normal vs. Disordered Worries

8

Worries to be expected

Developmentally appropriate fears

- Survival: separation, danger

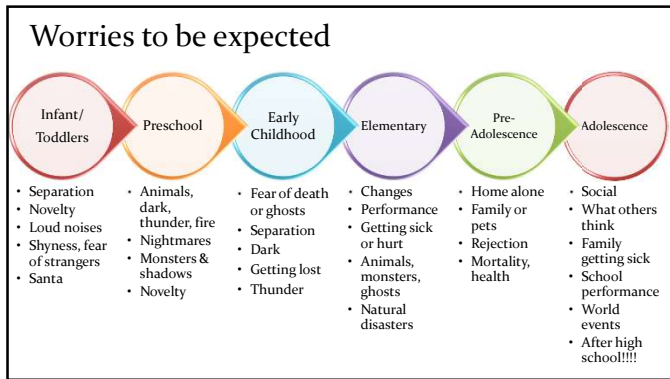
Life transitions

- New school, graduation, change in family composition, teenage years

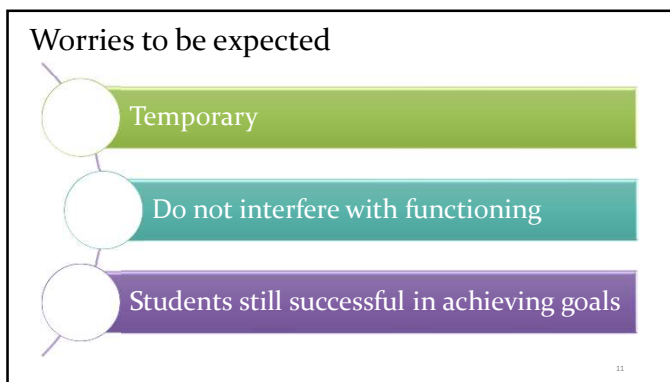
Stressful experiences

- New or unfamiliar situations

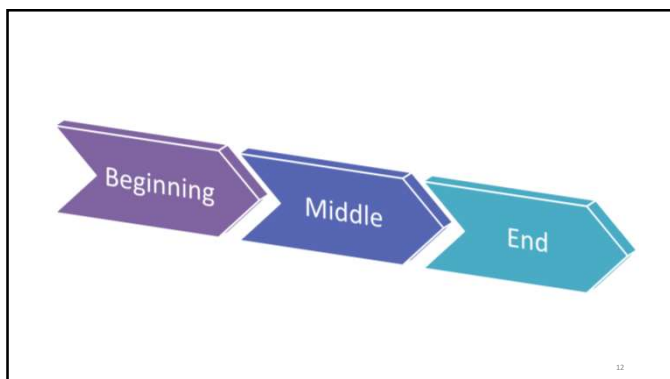
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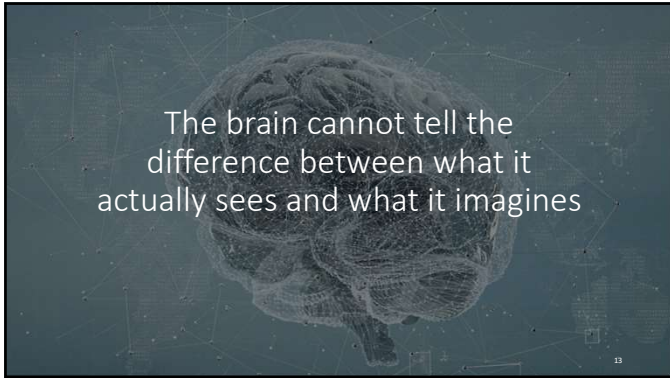
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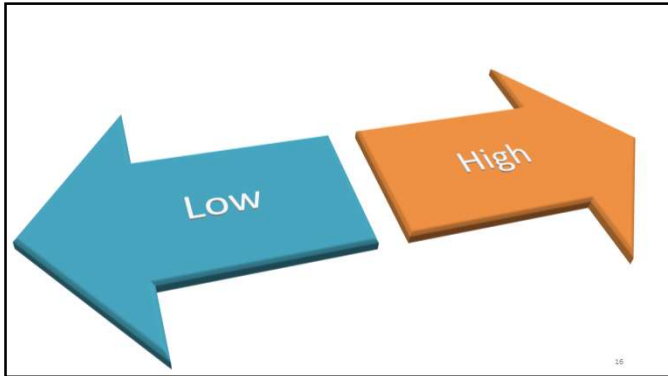
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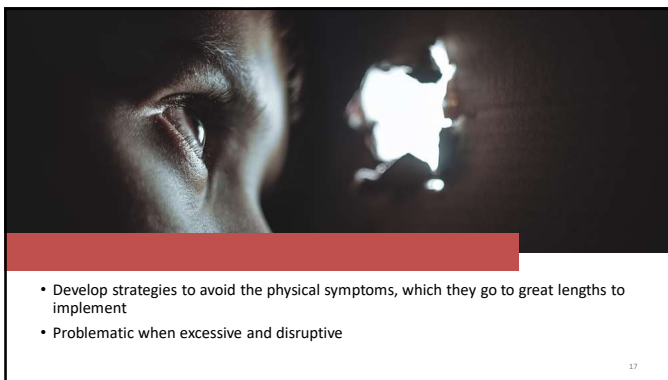
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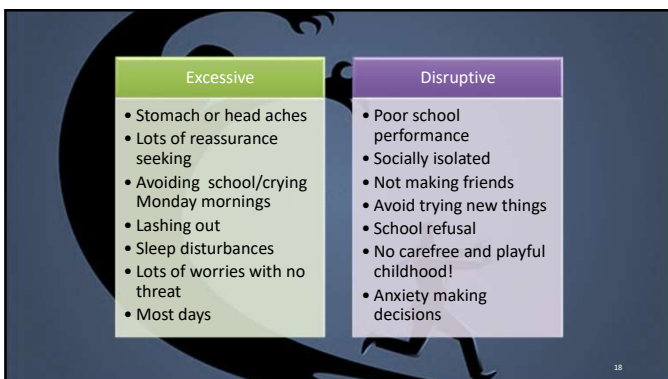


16



- Develop strategies to avoid the physical symptoms, which they go to great lengths to implement
- Problematic when excessive and disruptive

17



18


This is too much

And I can't handle it

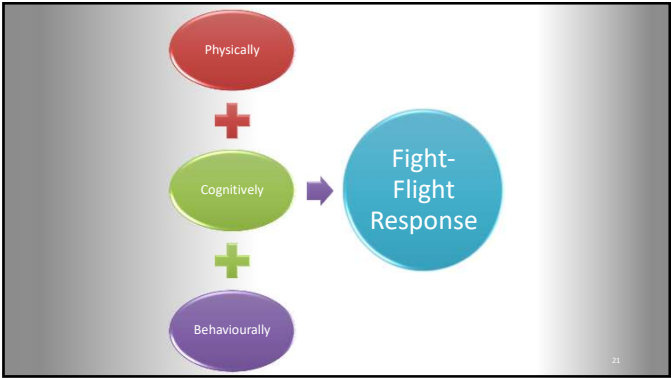
Anxiety-Based Schemas

19

The many faces of anxiety



20



21

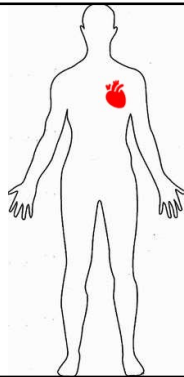
How Anxiety Manifests: **Affect**

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



22

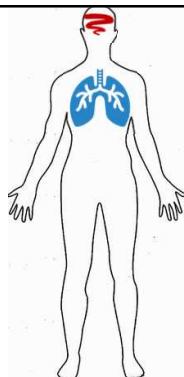
...What it
feels like...



23

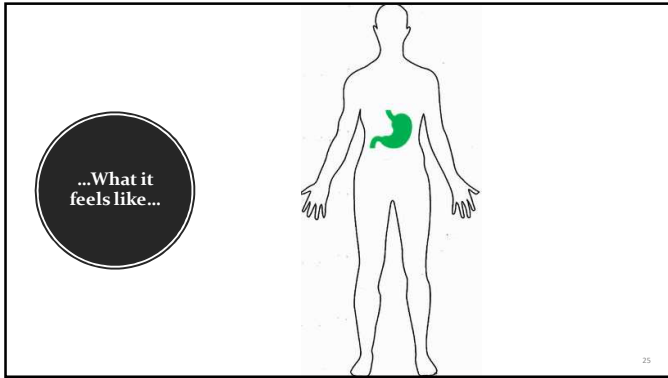
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...What it
feels like...

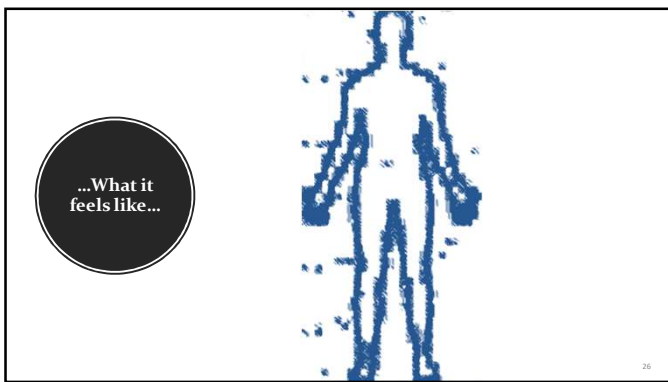


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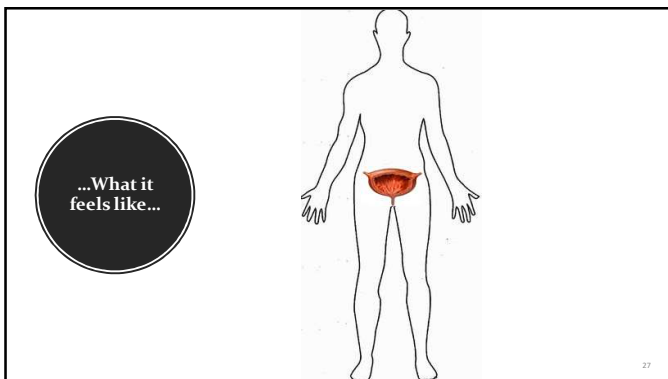
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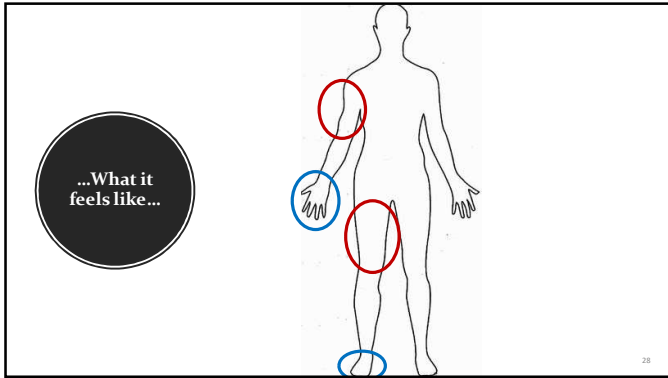
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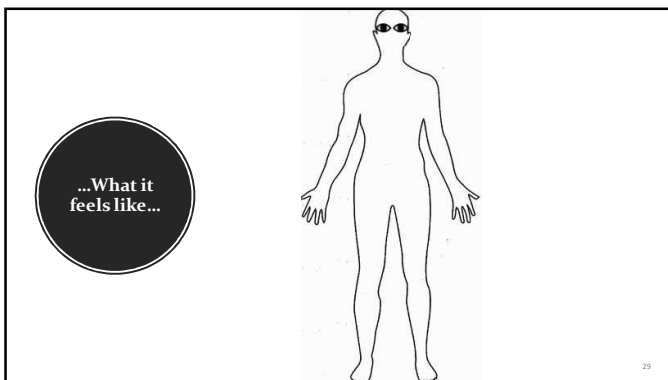
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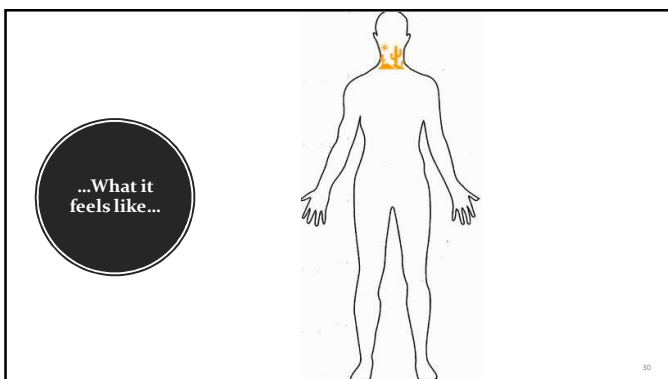
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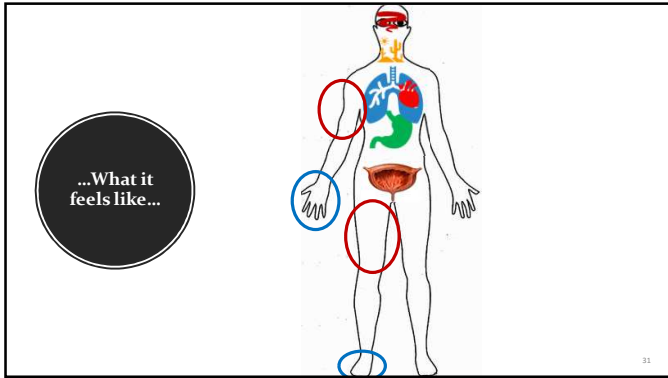
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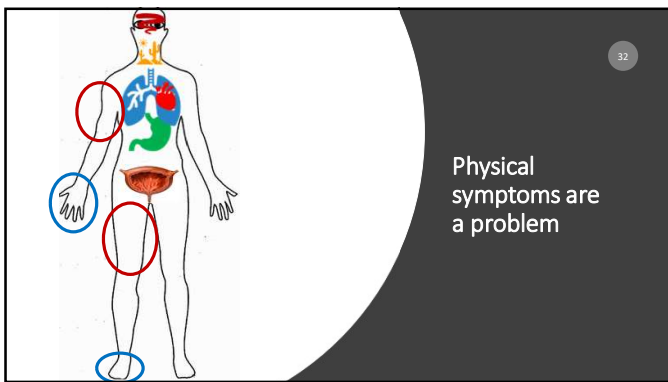
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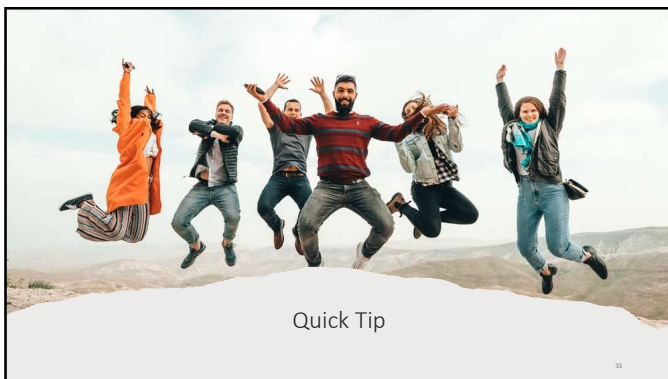
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32



33

How Anxiety Manifests: Thoughts

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



34

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



35

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, fidgety
- Avoidance
- Disorganized
- Cry



36

Behaviours: Externalizing

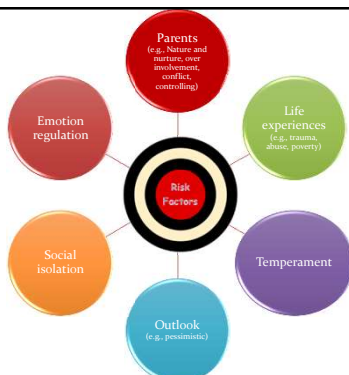
- Easily triggered
- Disrespectful
- Oppositional and defiant
- Difficulty transitioning
- Aggression/intimidation
- Difficulties concentrating
- Lies or steals
- Temper outbursts
- Restless/fidgety
- Interrupts/Intrudes
- Impulsive
- Give up easily
- Argumentative
- Yell
- Repetitive questions
- Seek constant approval
- Substance use



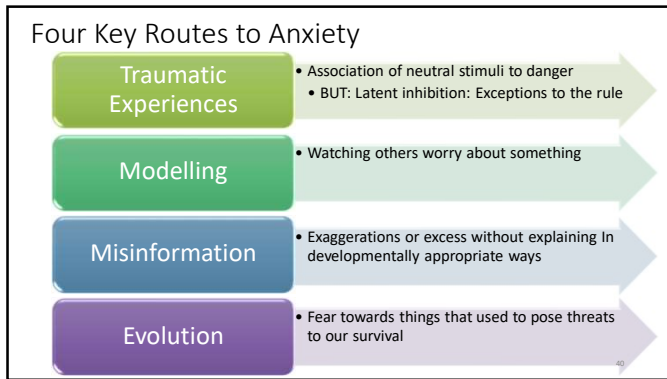
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Causes
Everyone is predisposed to anxiety.

38



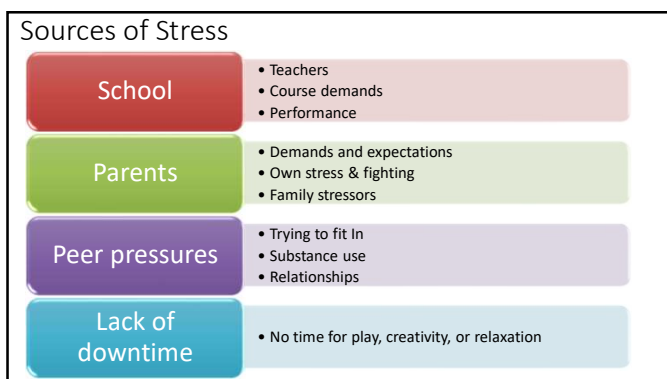
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42



43

Effortlessly Perfect

Overachieve academically

High expectations in all areas of life

Expectations to be happy

44

Self-esteem

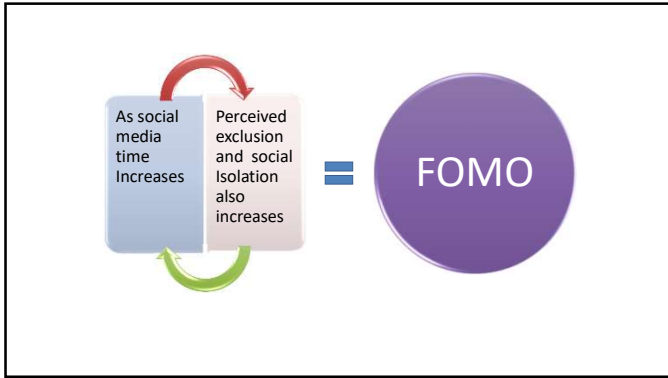
False messages to avoid rejection

- So happy!
- So beautiful!

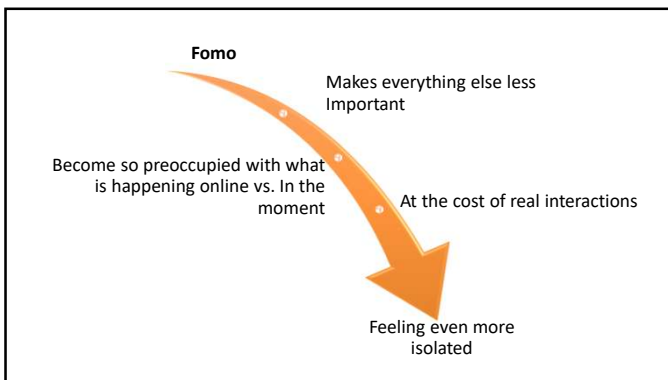
“Likes” worsens self-esteem

- Others won’t like the “real” them.

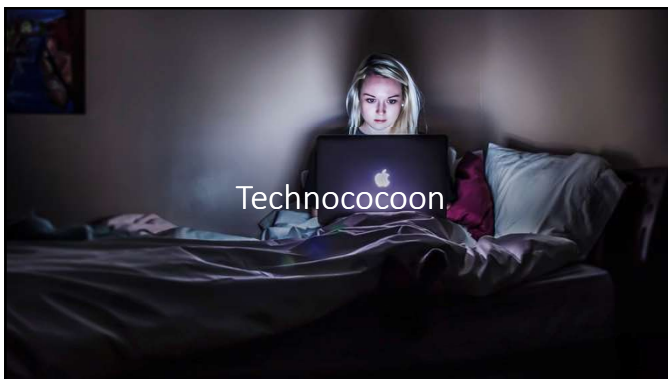
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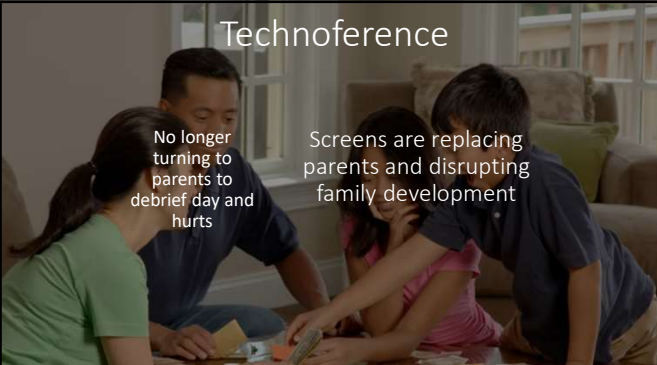
Most important relationship for bonding and overall development

- Discovering:
 - Self
 - Values
 - Personality
 - World

Family Connection

49

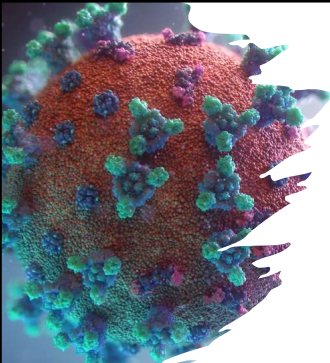
Technoference



No longer turning to parents to debrief day and hurts

Screens are replacing parents and disrupting family development

50

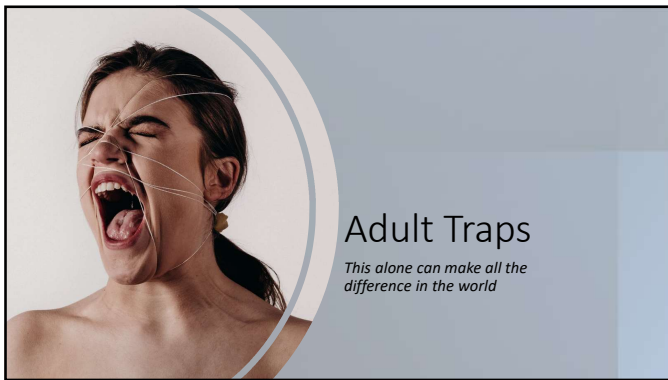


- Depression and anxiety doubled since COVID
- Worsen with restrictions
 - Social isolation
 - Disrupted routines
 - Missed milestones
- Symptoms compound over time

51

What maintains anxiety

52



Adult Traps

*This alone can make all the
difference in the world*

53

Worries are contagious
Kids learn anxious
behaviours from important
adults In their lives

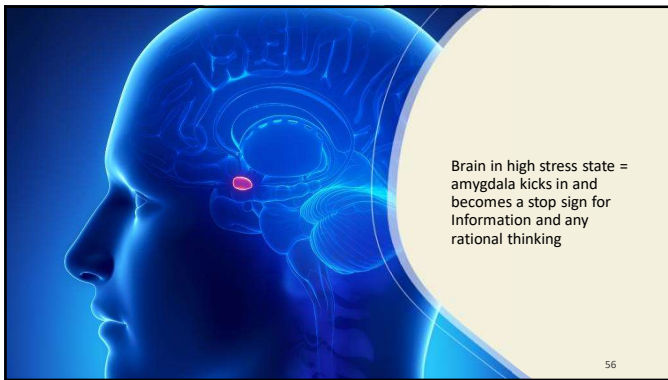
54

Maintaining Traps:

- Pranks
- Catastrophic language
- No risks with lots of be careful's
- Over correction
- Self-critical and/or anxious models
- Blame genetics
- No!
- Focus on outcomes and winning
- Rushing
- Pushing
- Asking leading questions
- Answering anxiety related and/or why questions
- Trying to get them to calm
- Reassurance
- Trying to convince it's ok

55

55



56

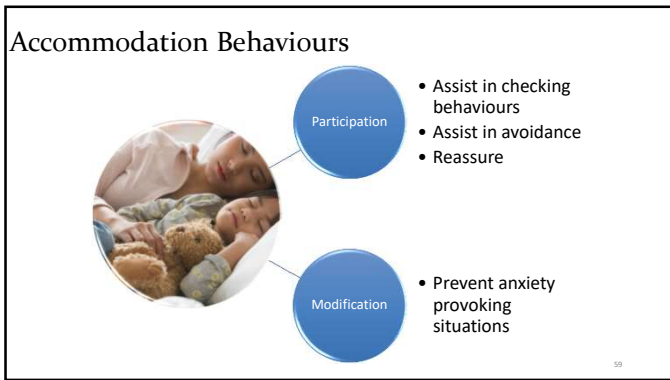
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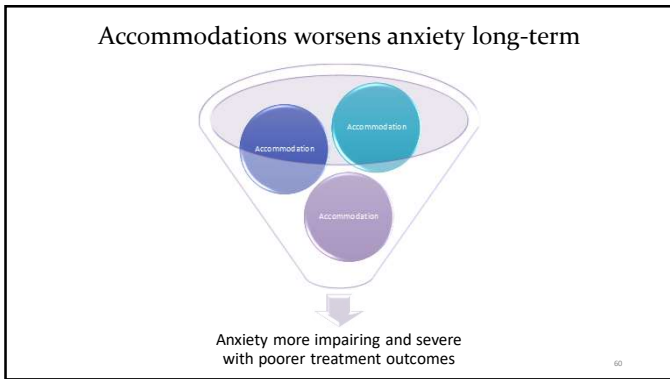
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60

Accommodations worsens anxiety long-term

- ☐ Allow them to be excused
- ☐ Distract them or stop thoughts
- ☐ Adjusting routines, alternative place for lunch
- ☐ Fixed schedules and transition warning
- ☐ Stress balls
- ☐ Sleep together
- ☐ Pre-warnings




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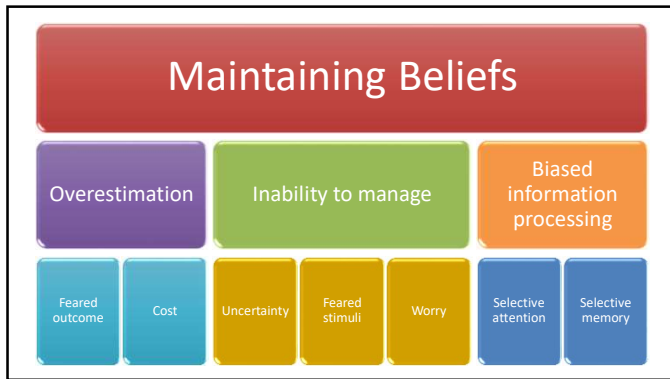
62

Safety Behaviours!

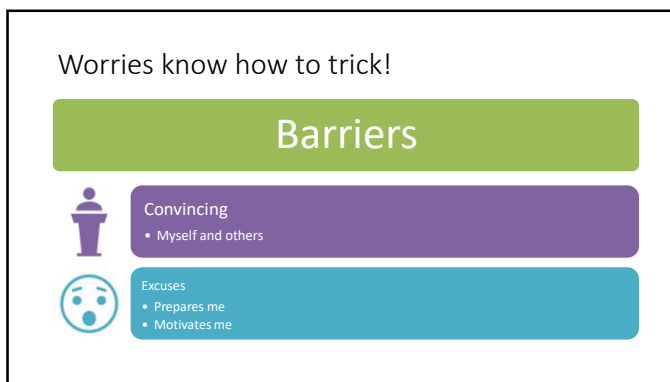


- Avoidance
- Excessive checking
- Seeking reassurance
- Rituals
- Safety aids

63




64



65



66




Persistent fears

- Catering to the fears.
- Reassuring the fears.
- Avoiding the fears.
- Talking about the fears.

Anything you do that makes them feel better!!!!

67




The # 1 thing they need to learn?

68

How they manage the experience of anxiety is related to anxiety disorder

Not the actual trigger

69



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

70

Saying
“Don’t
worry”
doesn’t
work


Get stuck in constant
need for reassurance

No skills developed

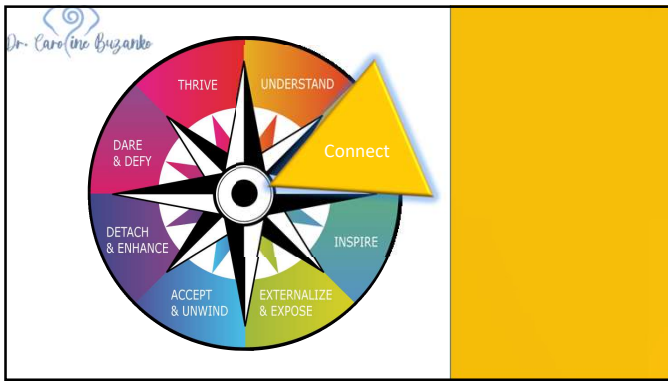
Minimizing

71

Watch out for
dependency traps



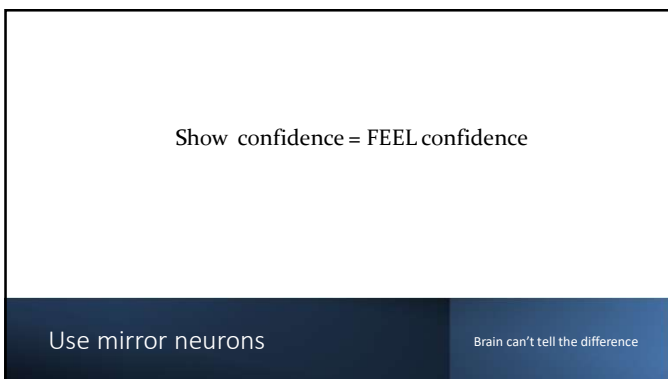
72



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Emotion Coach



76

ODD vs. Anxiety?

77

No such
thing as
bad kids.



78

Function of Emotions



79

79

Steps of an Effective Emotion Coach



Awareness

- Of your child's emotions
- Of your own emotions

80

80

Steps of an Effective Emotion Coach



Awareness

- Of your child's emotions
- Of your own emotions

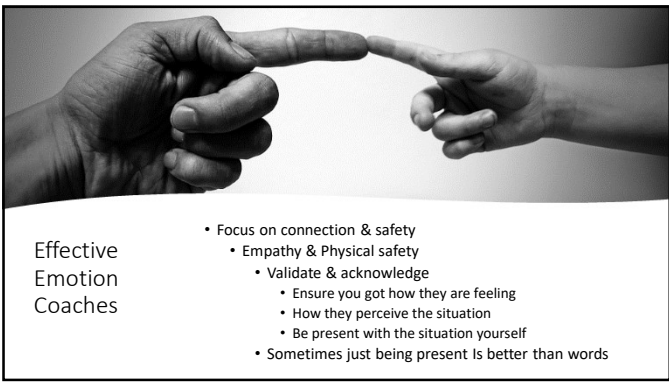


Recognize opportunity

81

81







Labelling Emotions

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

85

Fold along the dotted line so the two stars touch.

86

Labelling Emotions

- Model
- Build emotion vocabulary
- Foresight

87

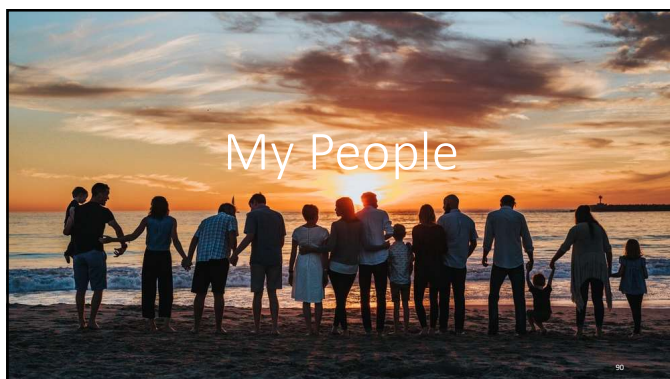


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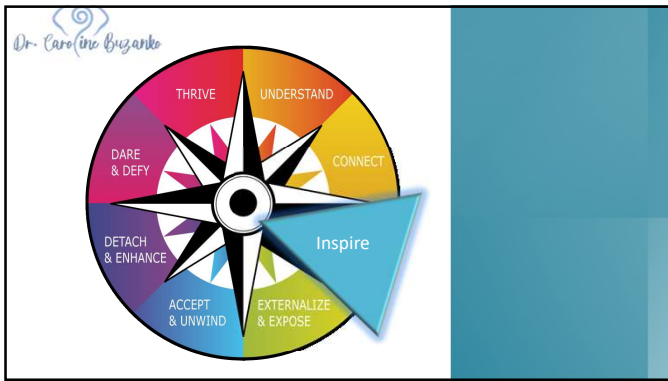
Effective Emotion Coaches

- Keep the waters calm!
- Not personal
- Thank you!
 - Do the process yourself
 - Physiologically
 - Emotionally
 - Function of emotion
- Focus on goal: Connect & Confidence they can cope

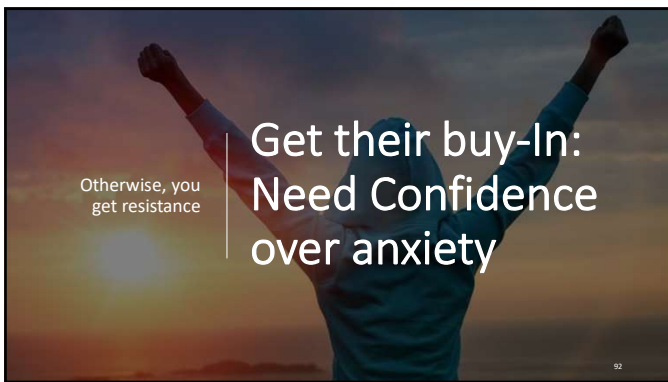
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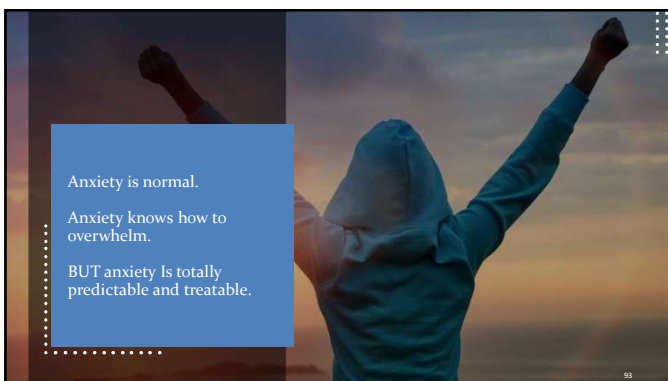
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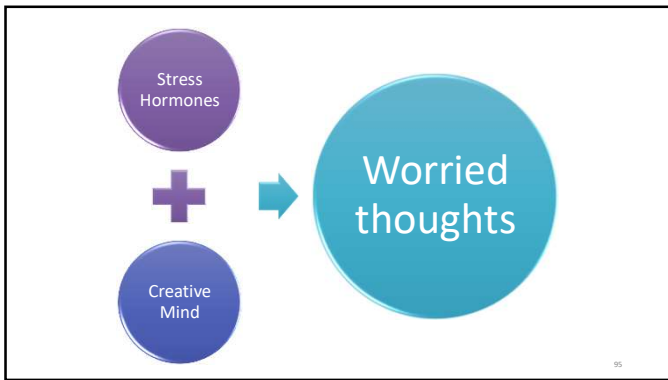
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Brain Experts

- Every thought secretes a chemical & creates a feeling
- Fearful thought = fearful emotion
- Loving thought = loving emotion



94



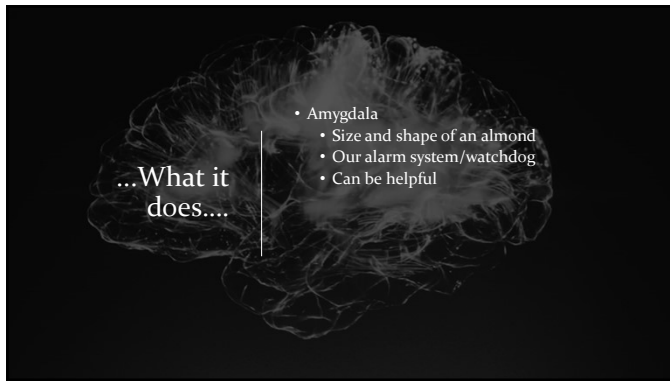
95

Anxiety Experts

- Normalizes anxiety
 - Temporary
 - Not dangerous
- Not alone!
- Always with us
 - Ways to learn to tolerate it
- Confidence



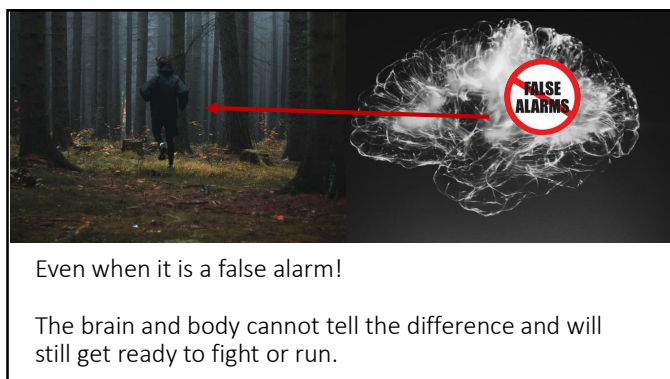
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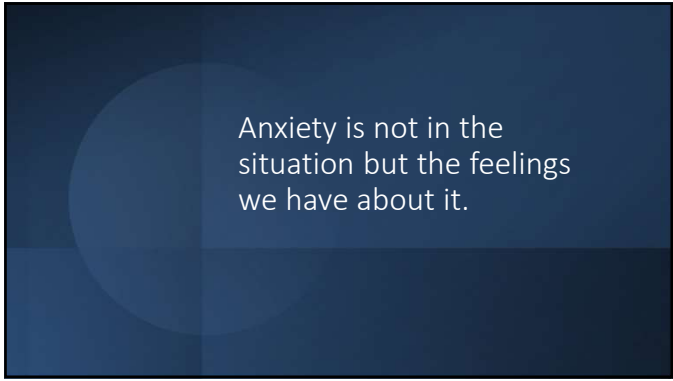
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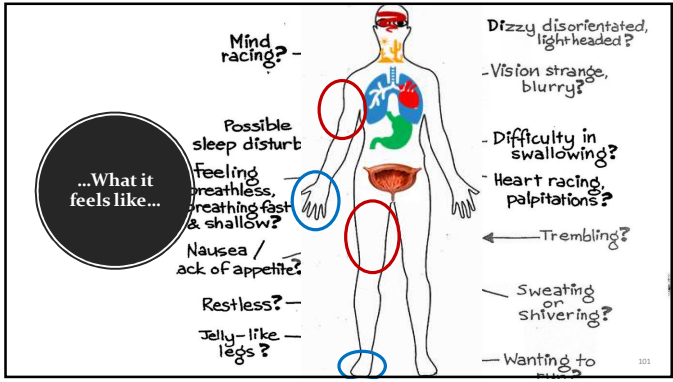
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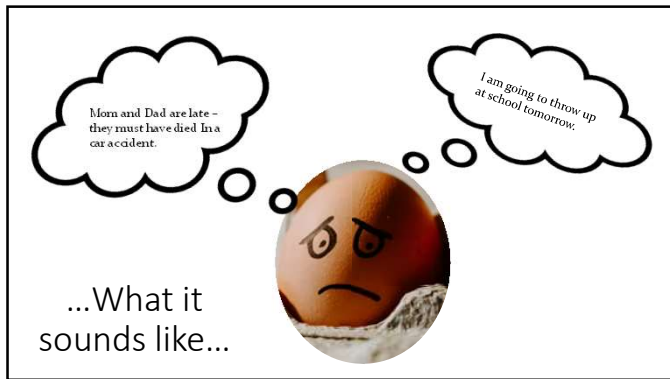
101

Understand the truths!

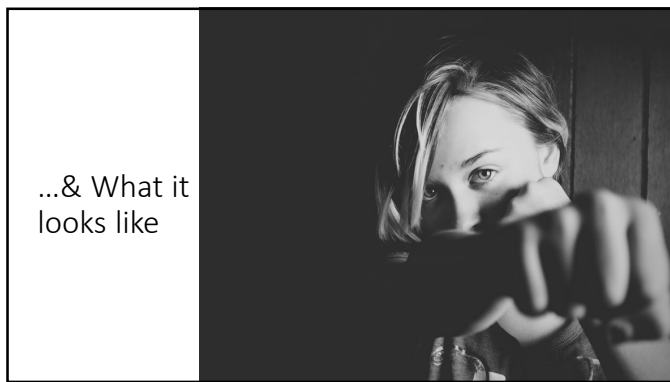
Our bodies are intuitive and designed to protect us. It doesn't make sense if it was doing something to harm us

- Hearts can beat hard all day long and be fine and healthy
 - Trust it to do it's thing and get out of its way
- Our body will always compensate for breathing
- Fainting only happens with low blood pressure. When anxious, our blood pressure is high – there is lots of blood flowing!
 - And we'd be extinct if we passed out every time we were faced with danger
- Tension build up because we are not doing anything with the energy
 - Get moving
 - Shake!
- Trying to force ourselves to swallow won't help us swallow
 - Hum or sing

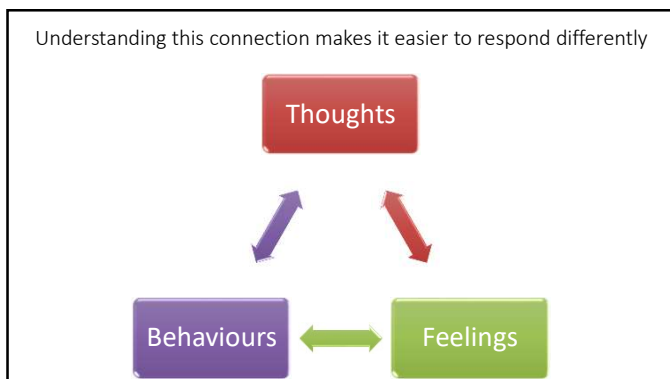
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103



104



105

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

106

We Can Change Our Brain!

- Our brain is built for us to be successful
- Brain networks fix and grow when we learn new skills
 - Neural bundles DOUBLE with an hour of practice
- Rewire our brain through repetition and practice
- Whatever is not used, the brain prunes itself

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We Grow Our Brain Whenever we:


- Take on new challenges
- THINK we can learn something hard
- THINK we can learn from our mistakes

108


Keys to success:
Self-efficacy




I believe I can
(cognitive)



I feel good about trying
(emotions)



I have a plan and going
to do my best
(behaviour)




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What is Important

110

Write
Reminders

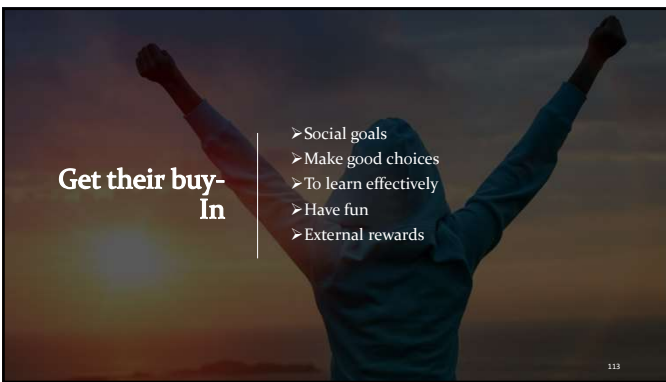


- Why they want to control their own life
- Tired
- How life will be different
- What they are missing out on

111



112



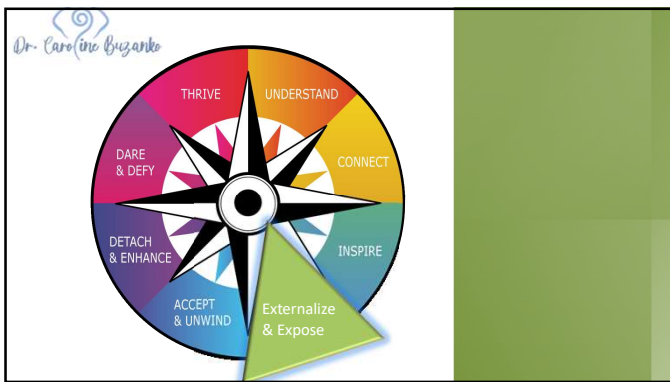
113

Cost Benefit Analysis	
Benefit of being slave to anxiety	Cost/Downside of being slave to anxiety
People tell me when things are going to change	Nothing is always predictable and I will be overly upset if something unexpected happens
I can take a break whenever I want	I overreact/cry – kids make fun of me
Easier	I can't go to sleepovers
More comfortable	Mom always has to come on field trips
Won't make a mistake	Can't do anything on my own
	Feel like a baby
	Other kids are getting better and I am still stuck

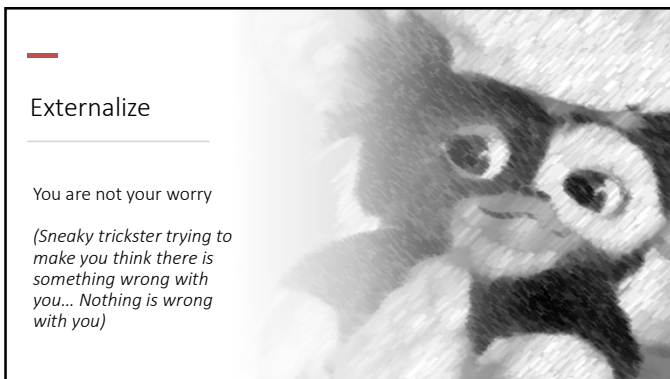
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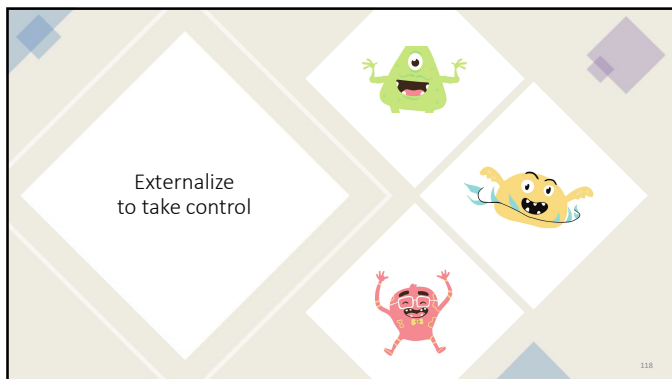
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118



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.

119

Overcoming Normalized Stress: Starts with Awareness

Triggers

- Worries about a panic attack
- Worries about being embarrassed
- Worries about something happening
- Worries about facing something scary
- Worries of having bad thoughts



Intensifiers

- Context variables
 - Who
 - What
 - Where
 - When

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Starts with Awareness

What's the problem?	When does the gremlin shows up?	What makes it worse?

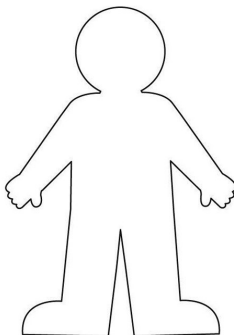
121

Starts with Awareness



122

- Dizzy
- Racing
- Tension
- Achy
- Sore
- Hot
- Cold
- Tingly
- Relaxed
- Trembling
- Numb
- Sharp
- Nausea
- Breathless
- Shivering
- Sweating
- Trouble swallowing
- Tired



123

Recognizing Anxiety in our body

124

Panic! Terror!
(I am outta here)

Really, Really Nervous
(Ack! Help!)

Really Nervous
(Not sure how I am going to do)

Starting to feel nervous
(But I think I got it)

Cool and Calm
(I got this)

125

Panic! Terror!
(I am outta here)

Really, Really Nervous
(Ack! Help!)

Really Nervous
(Not sure how I am going to do)

Starting to feel nervous
(But I think I got it)

Cool and Calm
(I got this)

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

126

Panic! Terror!
(I am outta here)

Really, Really Nervous
(Ack! Help!)

Really Nervous
(Not sure how I am going to do)

Starting to feel nervous
(But I think I got it)

Cool and Calm
(I got this)

Feels like	Sounds like	Looks like

127

Recognizing Anxiety in our thoughts

Distant Past Present Distant Future

Near Past Near Future

128

Recognizing Anxiety in our behaviours

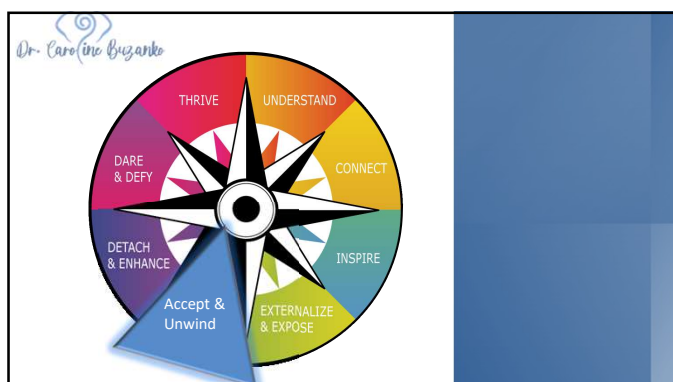
- I avoid dogs because I might get bit
- I void going to BF's house because she has a dog
- I avoid putting my hand up in class because It might sound dumb
- I avoid sleepovers because I am worried I will have to go to the bathroom
- I avoid being alone because something might happen
- I avoid school because I might throw up
- I avoid ordering food because I might mess It up

129

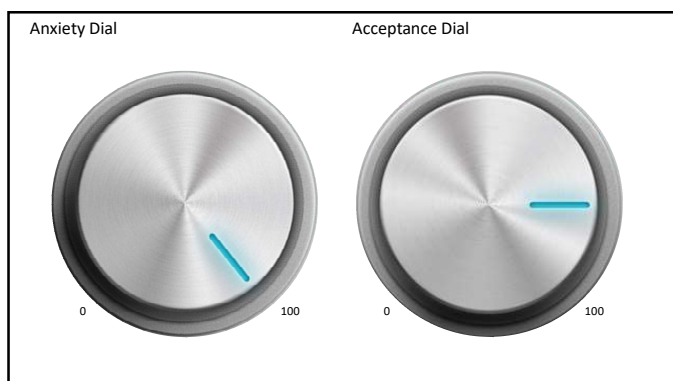
Starts with Awareness: Practice!

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

130



131




132


50,000+
Thoughts a
Day

We can't control our
thoughts – only our
response to them

133


Mindfulness


NOT ABOUT RELAXING


NOT ABOUT CHANGING
THOUGHTS

134

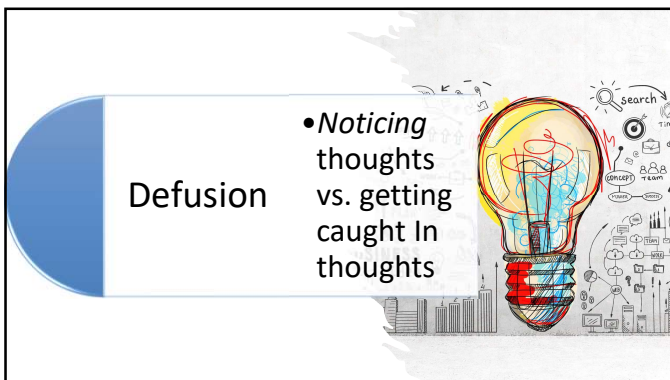
Mindfulness


IT'S ABOUT *NOT* FIGHTING THEM

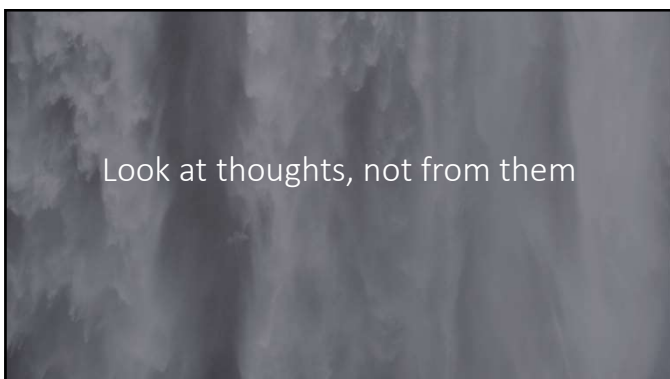
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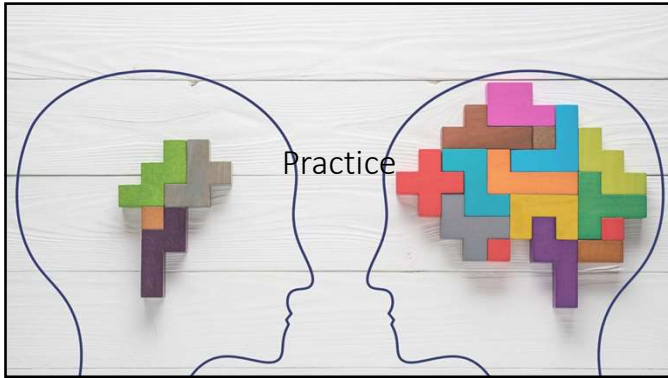
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137



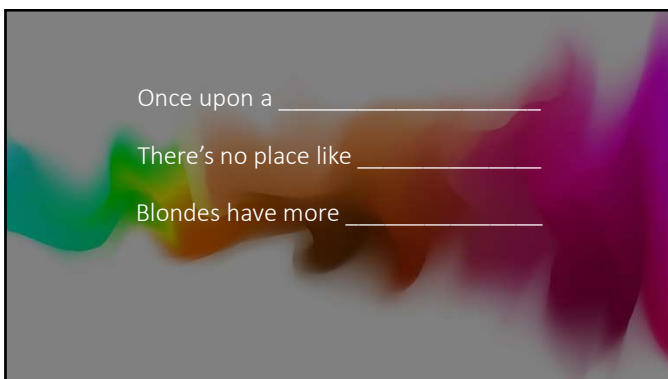
138



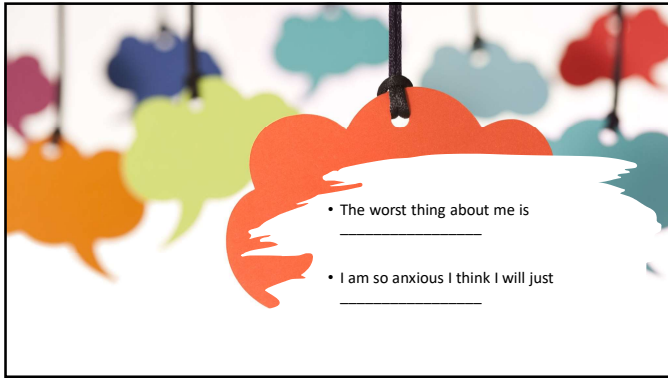
139



140



141



142



143

Unwinding from thoughts

Repetition


Distancing

- "I notice I'm having the thought that..."

Train, balloons, clouds, or leaves on the river

Thank them

144



Make fun of worried thoughts

- ✓ Sing it
- ✓ Draw cartoons
- ✓ Mute it
- ✓ Say it really fast
- ✓ Say it in slow motion
- ✓ Mimic it

145


Dismiss Worried Thoughts

Dismiss Worried Thoughts		Demand more from worried thoughts	
Roll my eyes	You're so boring!	Is that all you got?	Is that the best you can come up with?
Big deal	So what?	Don't you have something scarier?	Can't you give me more?

146

Unwinding

- War of the Worlds
- Objectify
- Pop-ups
- Name that Story



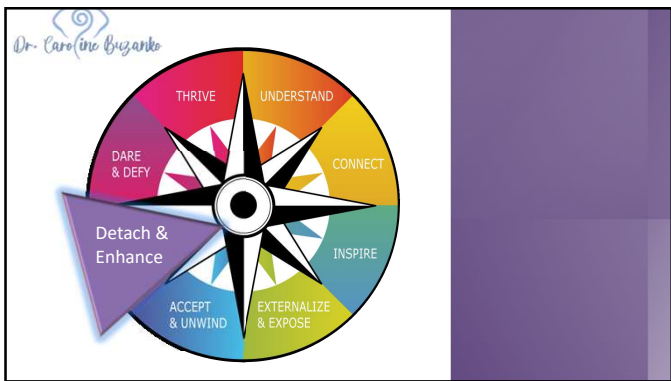
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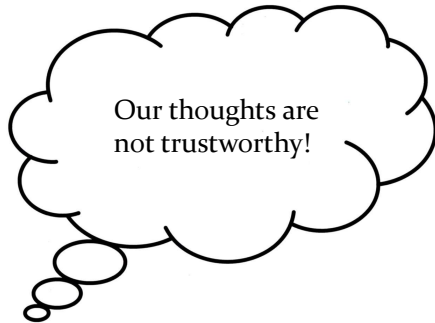
150

Detach from Worried Thinking & Enhance Problem Solving Thinking

- Thoughts (unrealistic, extreme)
 - Mom and Dad are late – they must have died in a car accident.
 - My work must 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.



151



152

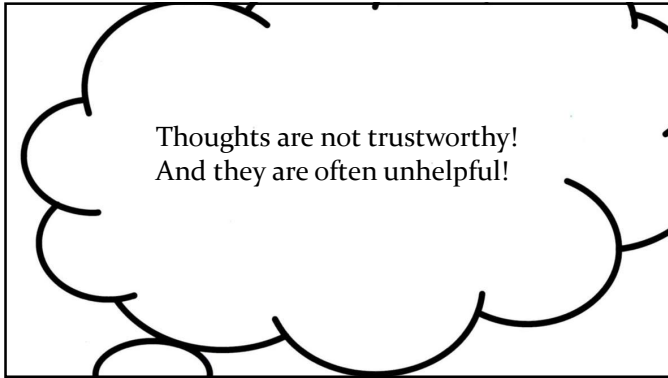


Stretch

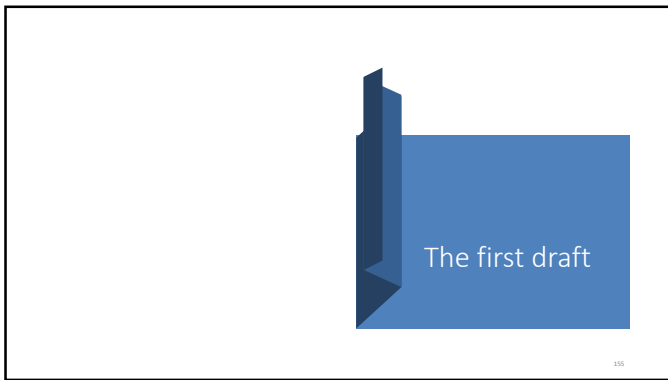
Make a list of things you or others have believed that you do not believe anymore

*Things change.
Even things that were truth.
Just because we still believe it doesn't
mean it is still true.*

153



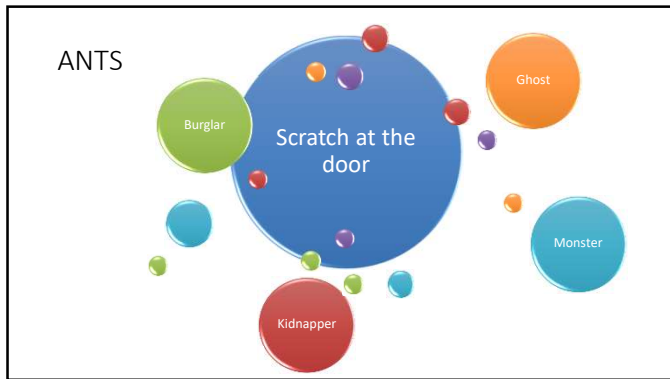
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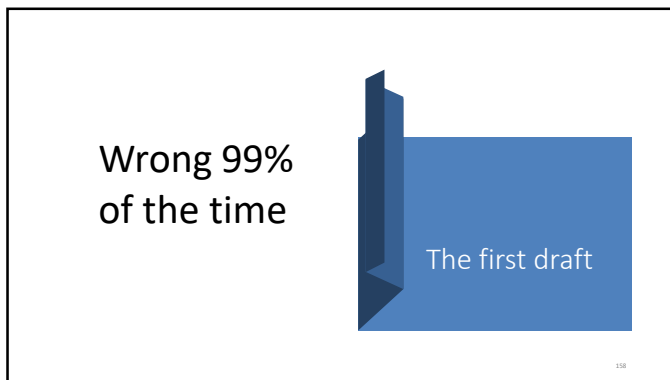
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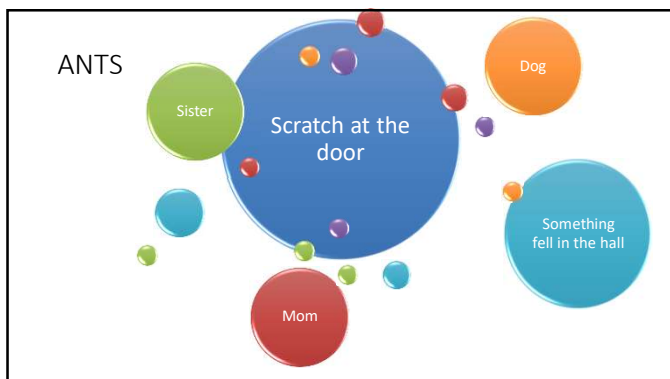
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157



158










159

These are only guesses!!!!
(Based on unhelpful trickster ants assumptions)

- Overestimate**
 - Believe something bad is for sure going to happen
- Fortune telling**
 - Believe you know what is going to happen
- Overgeneralize**
 - Believe one experience is always going to happen again
- Mind reading**
 - Believe you know what others are thinking
- Negativity bias**
 - Focus only on negative while missing positives
- Rigid**
 - Must know, needs to be my way, your hat
- All-or-nothing**
 - Never, always, no matter what, nothing can change
- Avoidant**
 - I can't unless... I don't want to, I am sick
- Permanent**
 - I will always be like this
- Catastrophize**
 - Worst case scenario

160

Raising Awareness

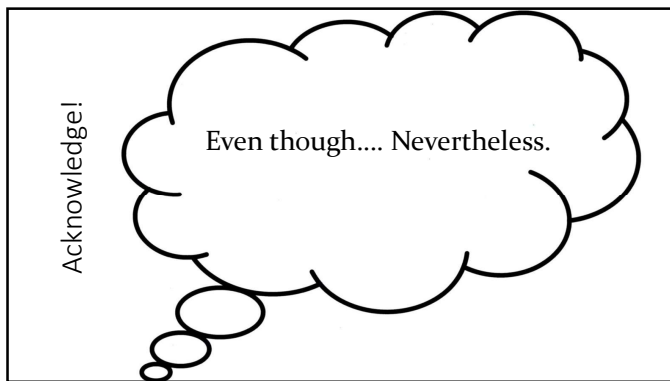
Helpful	Unhelpful
 I am going to have so much fun!	 I am going to throw up (even though I haven't thrown up in over five years)
 I can't wait to see Danny!	 Mom is going to forget to pick me up (even though she has never forgotten before)
 I have to remember to bring my swimsuit	 No one is going to play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

161

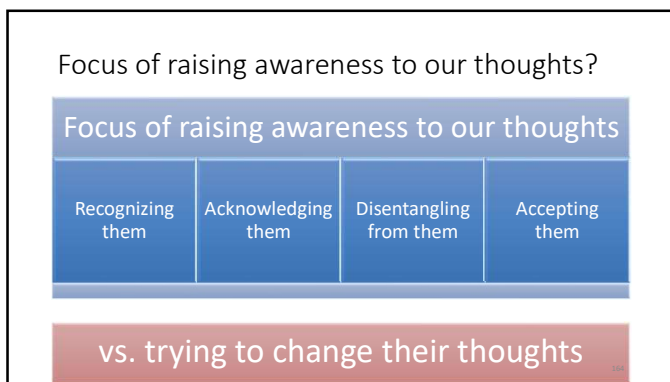
Acknowledge!

- 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.

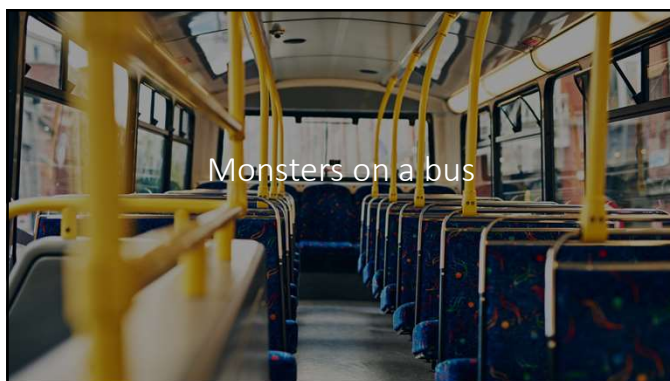
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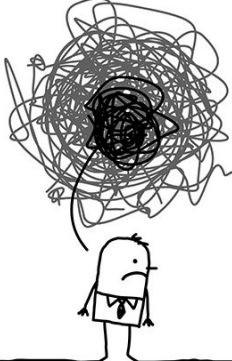
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164



165




Overestimate

- Believe something bad is for sure going to happen
- Confuse possibility and probability

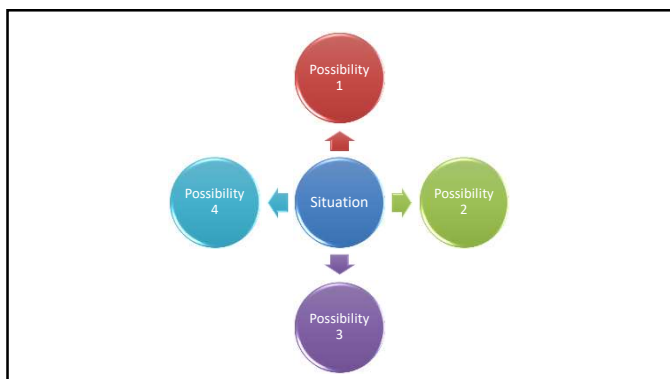
166

Overestimate

Rely on inner emotional compass
Use anxiety level to gauge risk



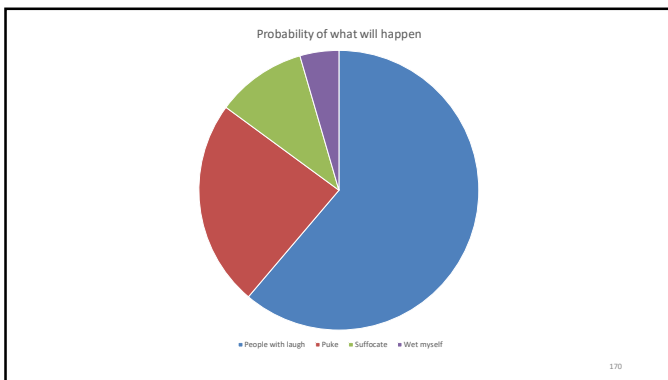
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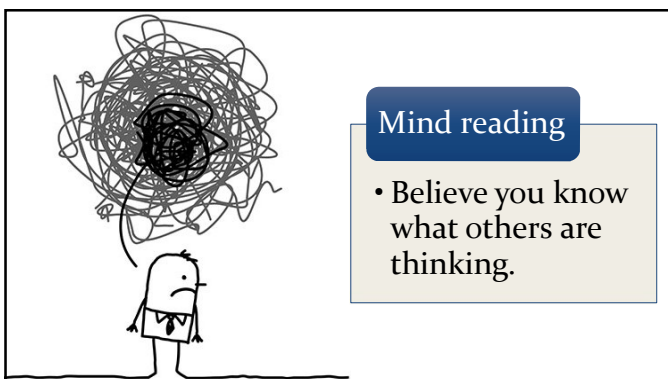
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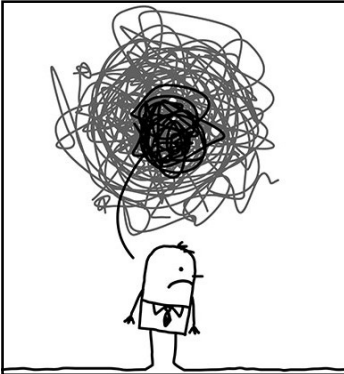
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170



171



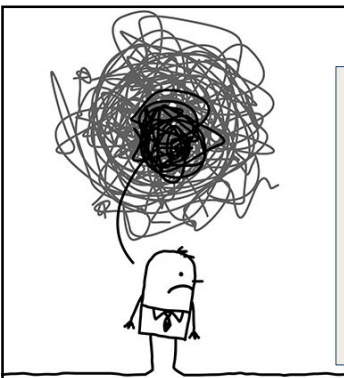
Positivity blind

- Focus only on negative while missing positives

Overgeneralize

- Believe one experience is always going to happen again
- Core beliefs about the world

172



Rigid

- Rules: shoulds and musts
- Must know, needs to be my way, yeah but

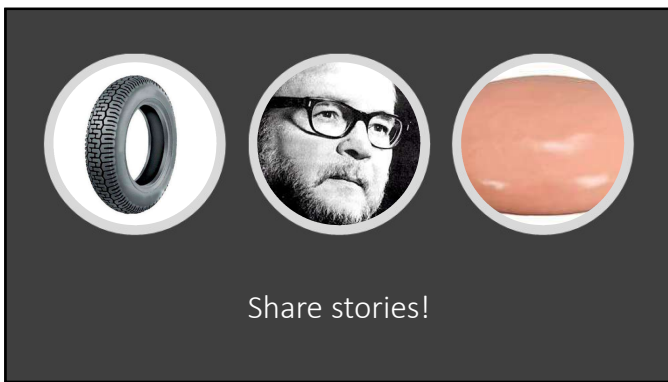
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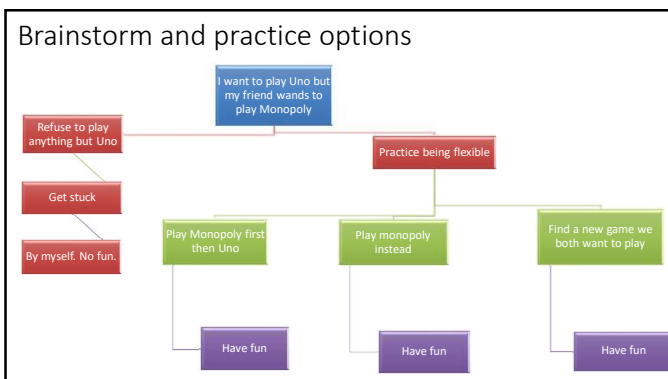
174



175



176



177

Write worries out & what you can do about it

Out of my control

- Acknowledge and focus on something else

In my control

- What can I do about it?
- What is the first step I can do today? Then tomorrow?

178

178

Unexpected event/mistake of the day & how you handled it

179

179

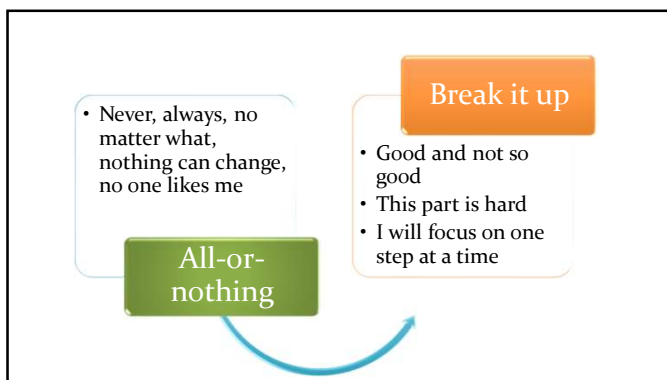
Chain of flexibility

180

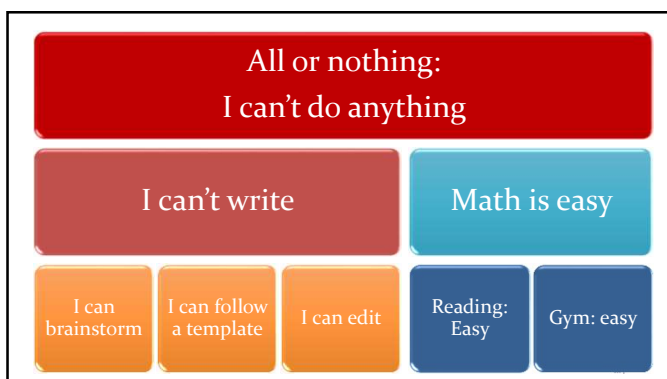
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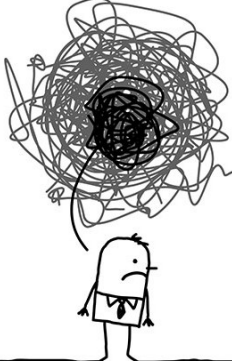
181



182




183



Permanent

- I will always be like this.

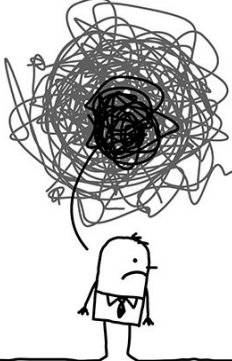
184



Temporary

- I can change my brain
- This will pass

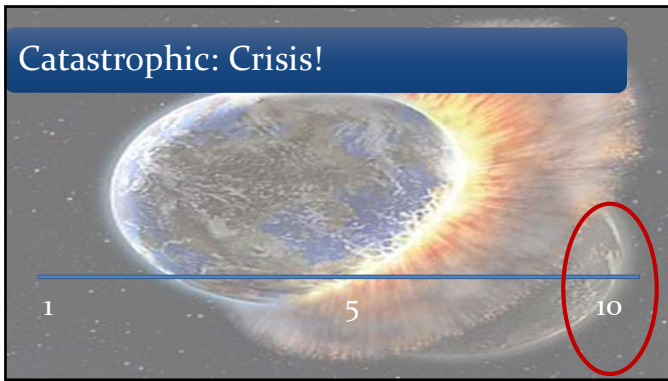
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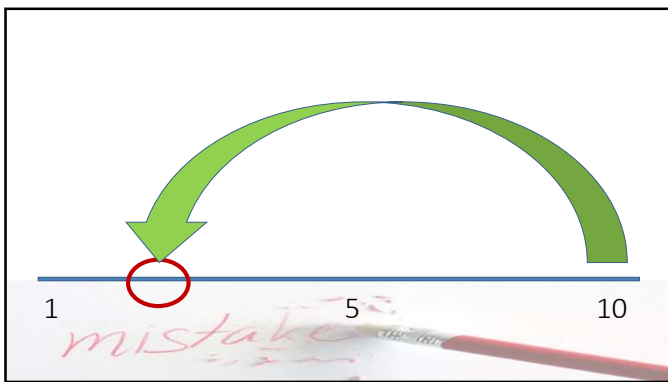
Catastrophic

- Worse case scenario
- Completely awful
- Completely unmanageable

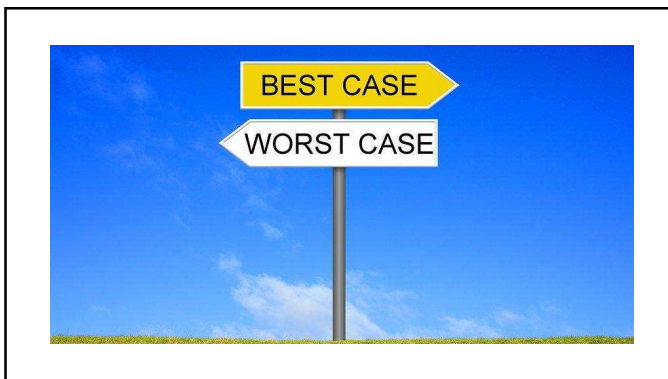
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187



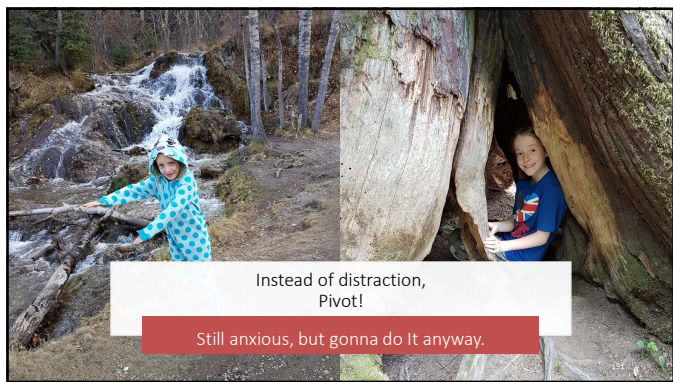
188



189

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.

190



191



192

Power of Questions

I will

Will I

I

Will

193

What we say affects our thoughts
AND changes the structure of our
brains

We can tell ourselves we can't or... ?

194


I can't...

Yet

What if...

I look forward to...

195



What story DO you want to buy into?!

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 so 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

196

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



197

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)

198



This feeling isn't great. But I can handle it.

I can be anxious and still do 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.

199

Bounce backs & Challenges

200



Coping Cards

- I got this.
- I am worried but can do it anyway.
- I am not going to let worry get in my way.
- The world is pretty safe.
- This worry is temporary and will pass.
- This is manageable.

201

Coping Cards

What worry says:

- 1.
- 2.
- 3.

What I am going to say back:

- 1.
- 2.
- 3.

202

Dr. Caroline Buzanko

203

MUST DO THINGS DIFFERENTLY!
Becomes a disorder when we do what anxiety

Amygdala

Trigger happy

Illogical associations

204

90% of what kids learn is from what they *experience*

Face fears... and the unknown

- Being brave builds immune system to develop coping skills
- Otherwise, leads to avoidance

Resilience

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

205

Stress

Values

Resilience

Energy

What is important

Brain growth

Productivity

Relationships


206

Resilient kids

Effectively respond to and cope with everyday challenges
- This is where we are going!



207



Avoidance

- Habit forming
- Unhelpful
- Changes the brain in a debilitating way

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

208

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

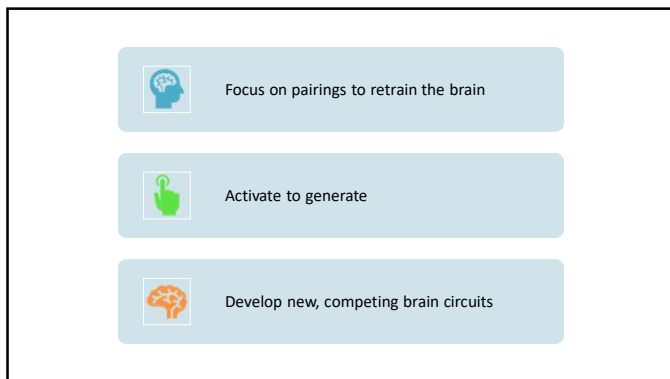
- Seeing friends
- Sleepovers
- Birthday parties
- School
- Tryouts for sports (and therefore sport teams)
- Sleeping in own bed
- Making new friends

209

Speed of recovery directly relates to your willingness to **feel** anxiety



210



211



212



Goals

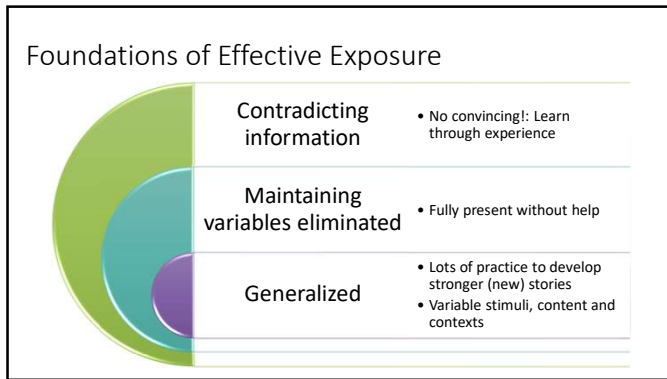
PROCESS vs. OUTCOME

- Learning and confidence vs. anxiety reduction

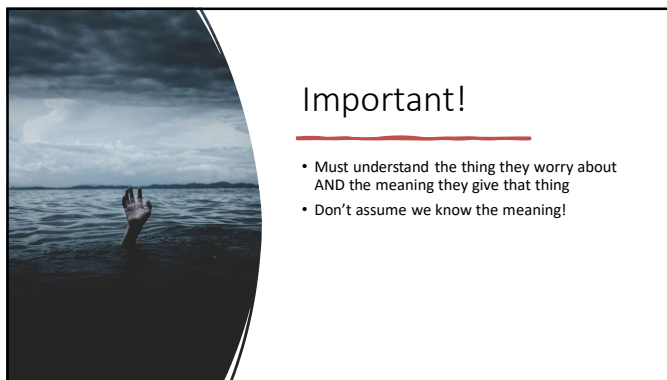
Learning opportunities:

- 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!

213




214



215



216



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


217

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	

218


Get Thick

- 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?



219

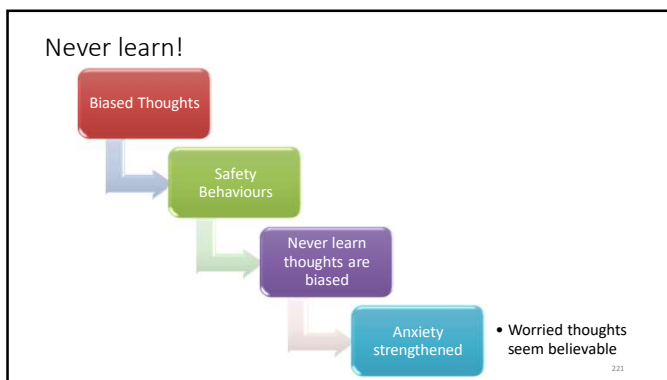
Safety behaviours



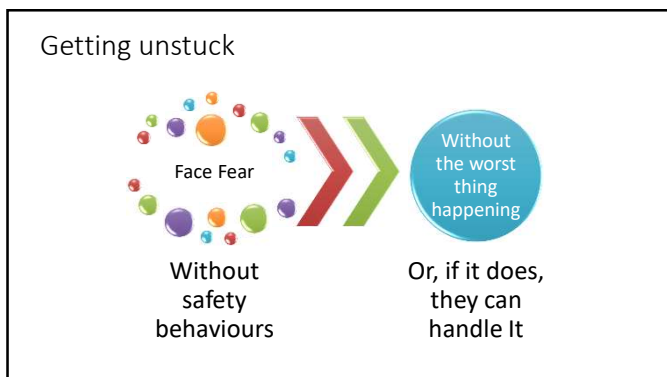
Habits that maintain anxiety

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

220



221



222

Exposure corrects maladaptive beliefs

Lived experiences modifies worried thinking (not our sage advice)

223

223

Exposure

Talking not enough to change the brain

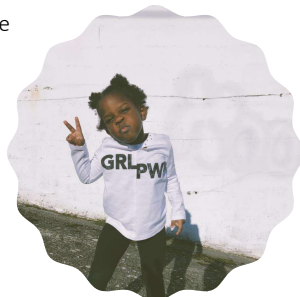
- Doing makes stronger memories
- Doing gives us experience
- Worry **MUST** show up for learning to happen
- Do new things – more engaging. And, stretching!
- Quicker progress



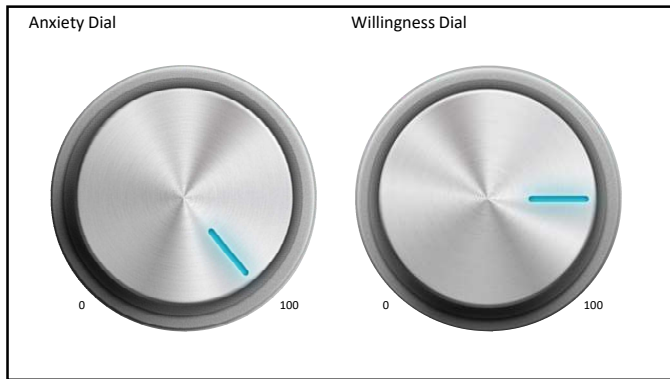
224

GOAL: Build Worry Tolerance

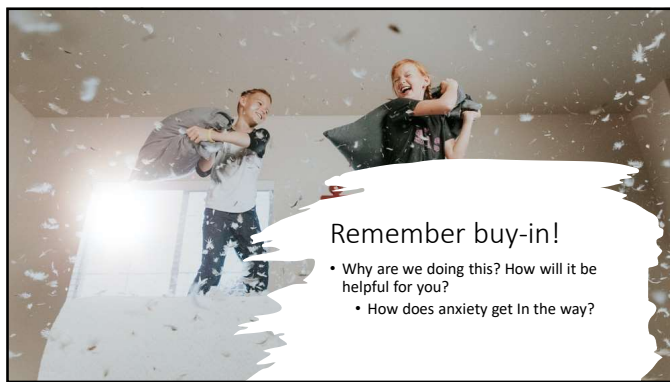
- NOT resist, control, or eliminate anxiety.
- Focus on *ending fear of anxiety*
 - Anxiety is still there but I am going to do the opposite anyway



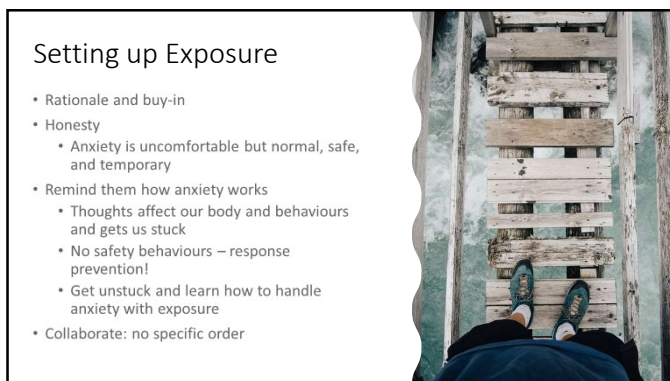
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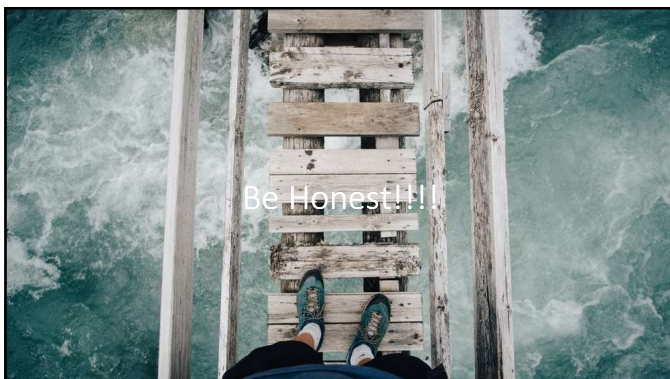


229

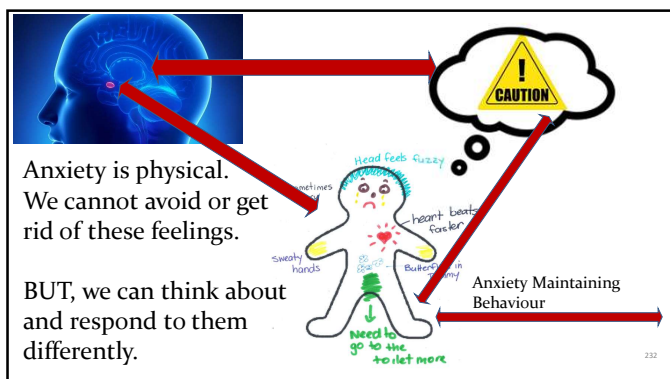
Setting up Exposure

- 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

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231



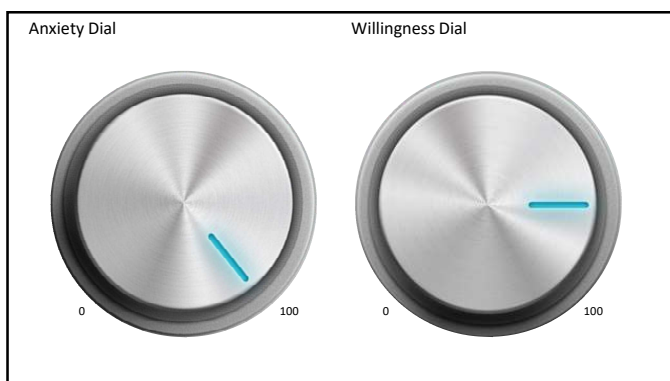
232

Setting up Exposure

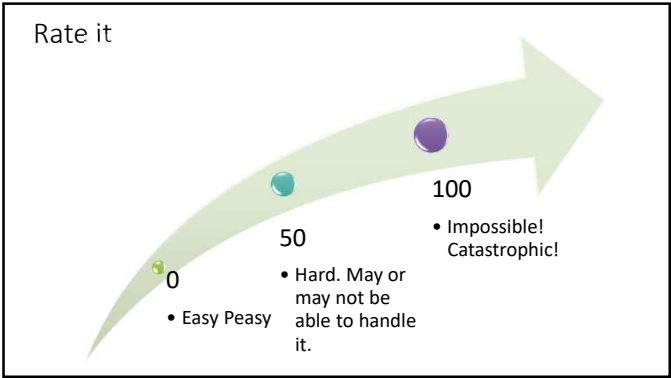
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- Honesty
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233



234

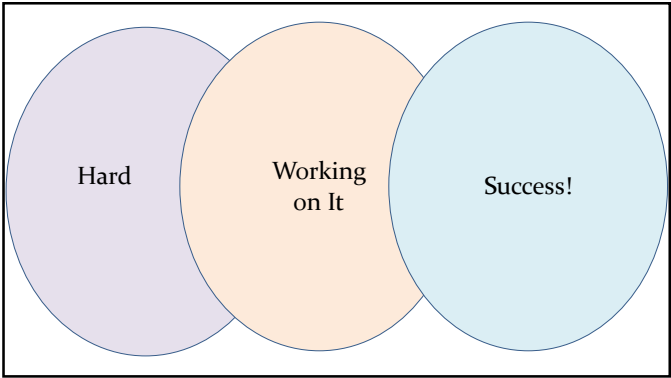


235

Rate it

Antecedents (Triggers to anxiety)	Predicted Awfulness	Actual Awfulness
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?




238


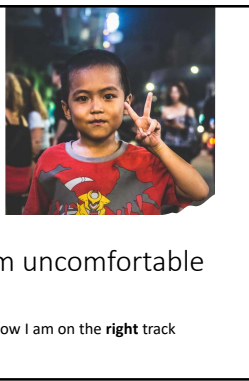
Set a goal on something actionable

Without any safety behaviours or thoughts

From doing that, you are going to learn something new



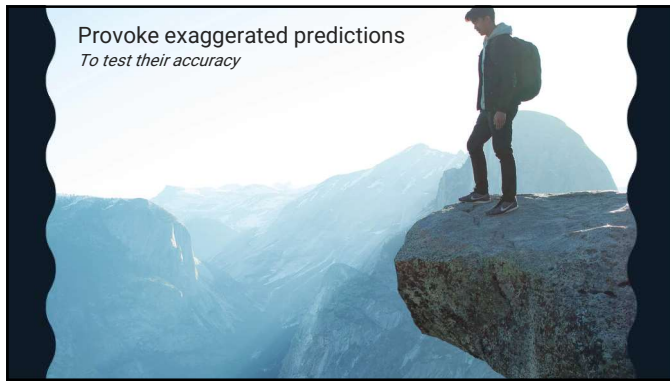
239

If I am uncomfortable

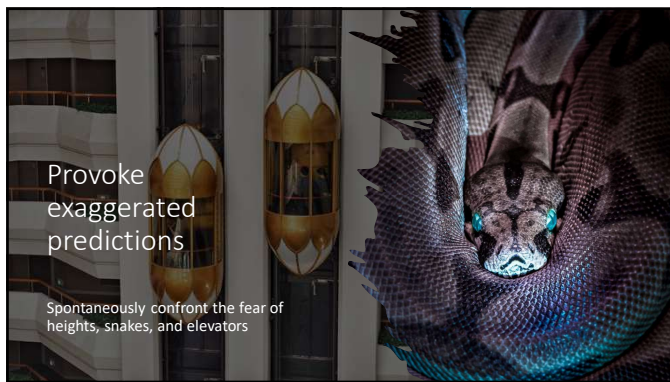
Then I know I am on the **right** track

240



Provoke exaggerated predictions
To test their accuracy

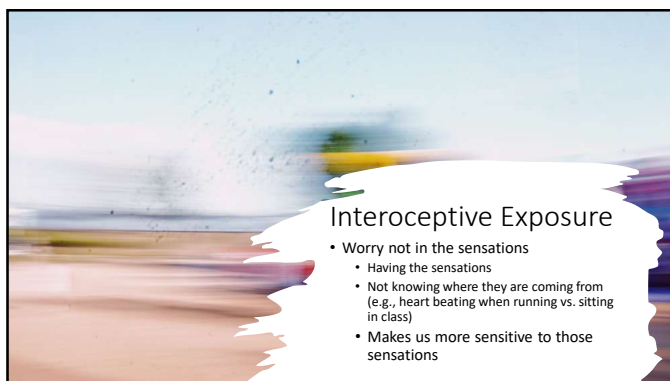
241



Provoke
exaggerated
predictions

Spontaneously confront the fear of
heights, snakes, and elevators

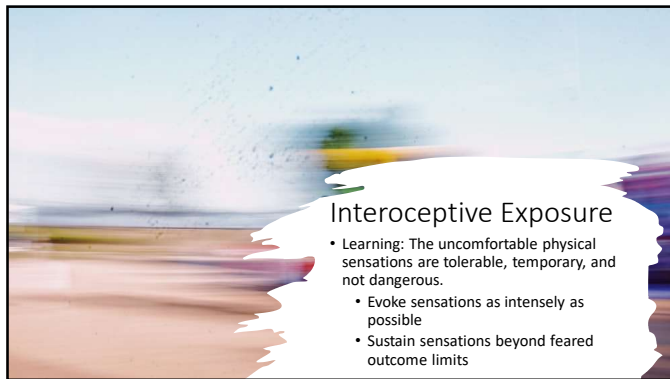
242



Interceptive Exposure

- Worry not in the sensations
 - Having the sensations
 - Not knowing where they are coming from (e.g., heart beating when running vs. sitting in class)
- Makes us more sensitive to those sensations

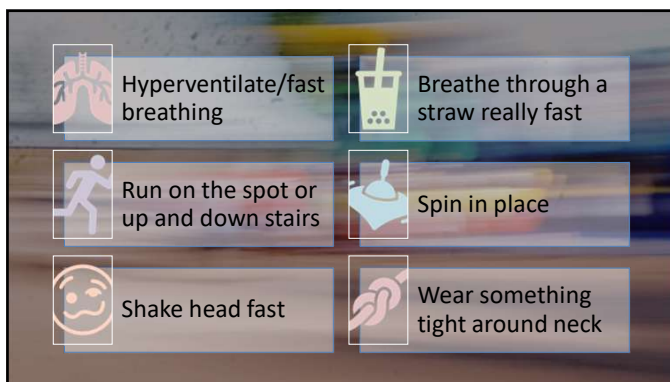
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Interceptive Exposure

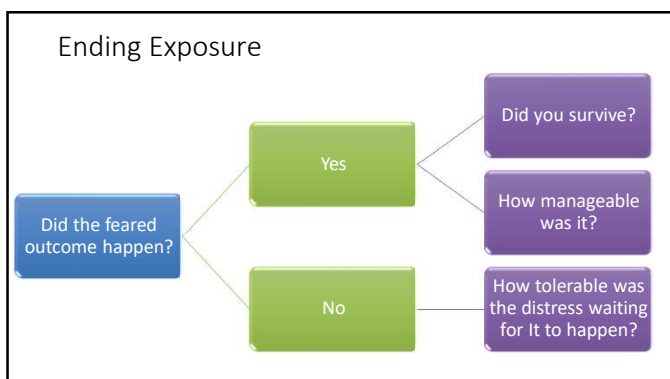
- Learning: The uncomfortable physical sensations are tolerable, temporary, and not dangerous.
 - Evoke sensations as intensely as possible
 - Sustain sensations beyond feared outcome limits

244



	Hyperventilate/fast breathing		Breathe through a straw really fast
	Run on the spot or up and down stairs		Spin in place
	Shake head fast		Wear something tight around neck

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Committed
Action
Willingness
Action Plan

Goal:

Big why:

The steps I need to take are:

I will take the first step on _____ at _____

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

Thoughts
Feelings
Sensations
Urges
I can remind myself that:

247

Why this is Important:

Goals	Action	Barriers	Strategies

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Self-guided
exposure

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

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

251

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!

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255

- Travel
 - Be with the people
 - Fly on their own
- Limits on screen time
- Learn the skills they need to survive early
 - Quad
- Help with Important events
 - Hanging lights
 - Using tools
 - Bake

Risk-takers advantage

Exposing kids to opportunities for some risk is helpful

256

DO HAVE
MAKE IT A RULE

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No idea how it will work out. But, I am going to use what I've got to get through.

- What strengths do I have?
- What resources are available?

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Create Opportunities for Independence

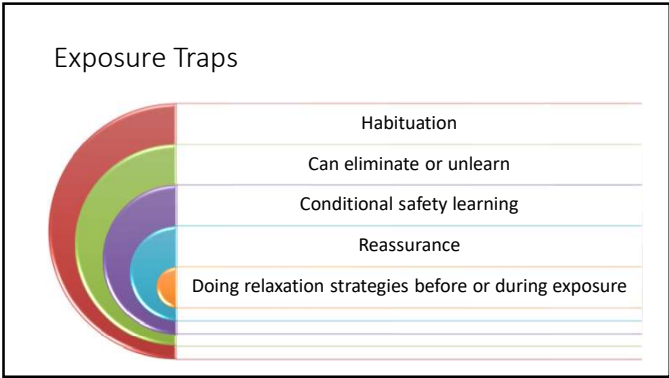
- Give kids the chance to do, think, be, and make mistakes on their own
 - Get ready to go home
 - Pack own bag
 - Check their homework
 - Solve conflicts
 - Make their own friends
- Encourage kids to try new things, even when scared
 - Create opportunities to be successful (especially with previous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

260

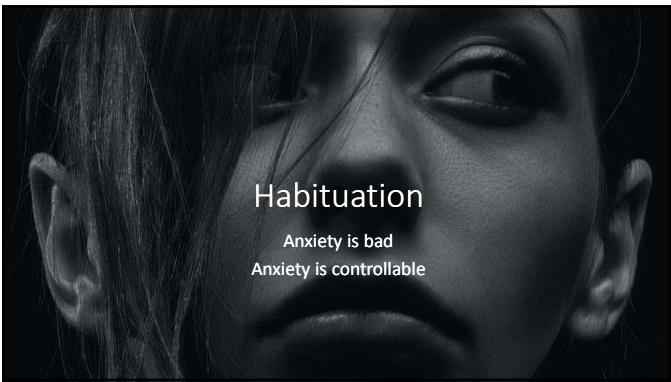
- Challenges are part of life.
 - Dealing with them is part of learning.
- Optimize teachable moments
 - Let them try.
 - Let them fail (but don't set them up for failure)
 - Kids to take accountability
 - Understand other's perspectives
 - See the consequences of their behaviours
 - Work through next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

Opportunities :
Capitalize on current challenges!

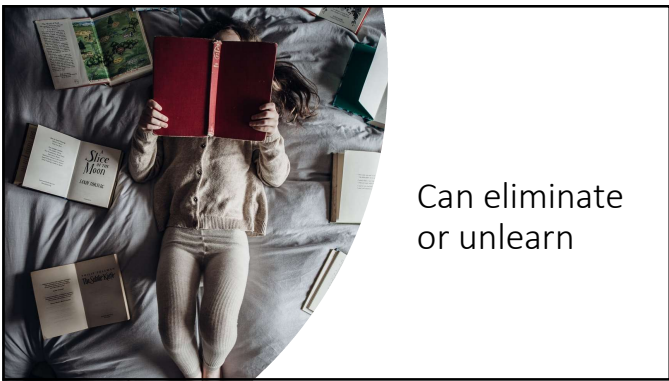
261



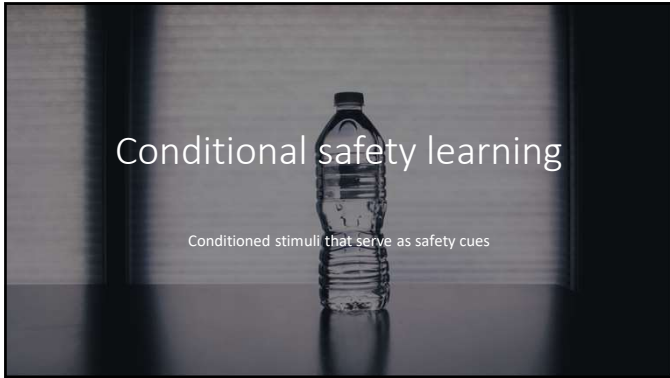
262



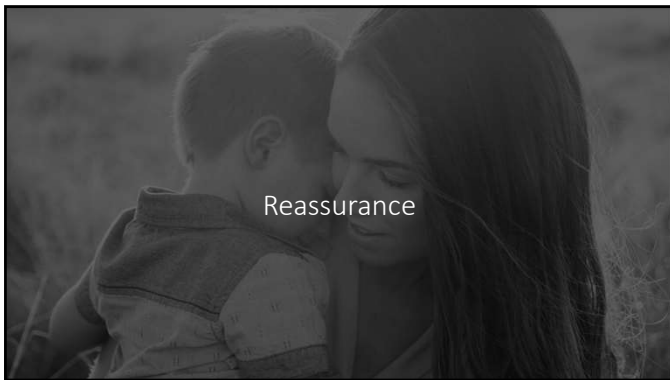
263



264



265



266



267



Committed Action

- Fusion
- Excessive
- Avoidance
- Remote

268



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

270



Helpful tips

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

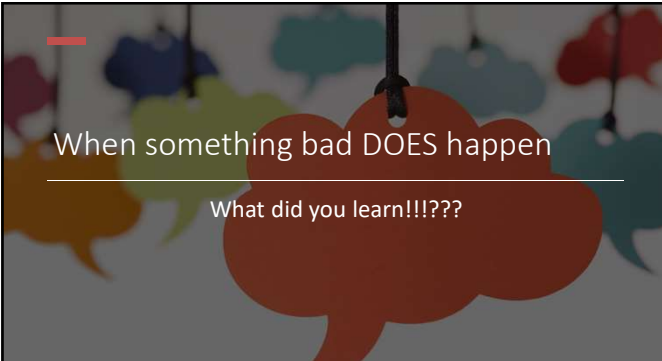
271



When something bad DOES happen

- Yay!
- Importance of keeping going


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When something bad DOES happen

What did you learn!!!???

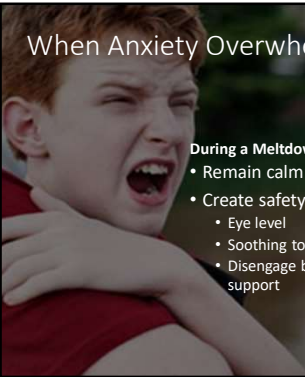
273



When kids just don't wanna

- Behavioural strategies
 - Clear expectations
 - Contingent reinforcement
 - Extinguish anxious behaviours
 - Break It down
 - Frequent reinforcement
 - Make It fun!

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When Anxiety Overwhelms

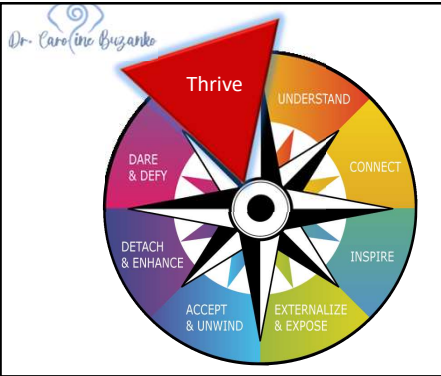
During a Meltdown

- Remain calm and neutral
- Create safety
 - Eye level
 - Soothing tone
 - Disengage but remain close for support

After a meltdown

- Acknowledge and praise
- Validate and empathize
- If calm
 - Work through it
 - Lessons learned
 - Function of emotion
 - Rewind and do over

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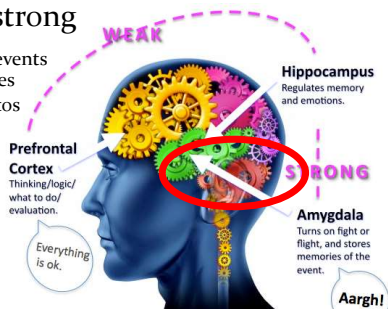
276

Not worried about worries

277

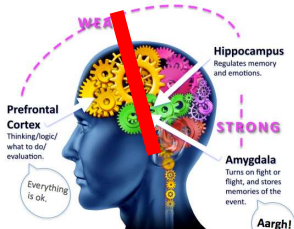
Worry can be strong

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



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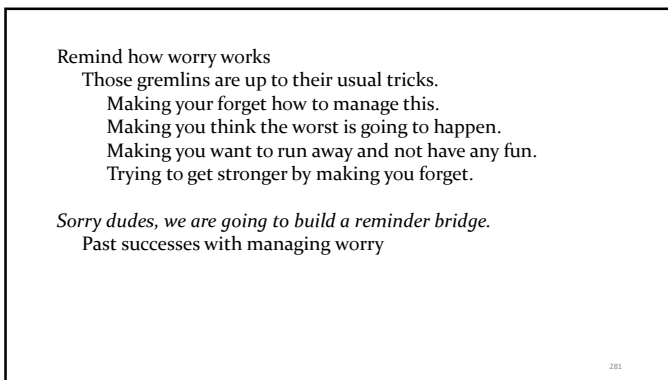
Worry makes us forget



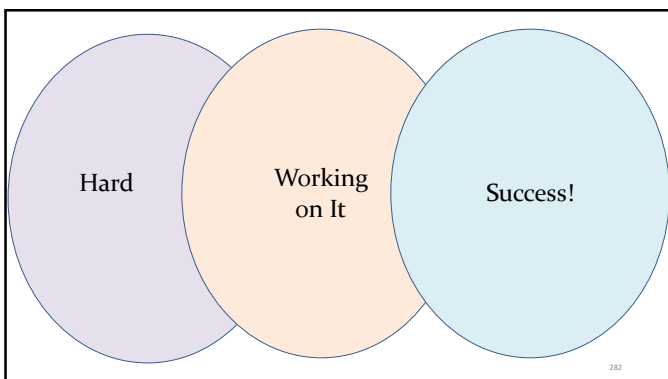
279



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281



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Strategy:

Yay!
You did it!

[illegible]

 **BE**
READY
MAKE A **PLAN**

[illegible]

Pillars of a Healthy Lifestyle

The infographic features a dark blue background with a subtle pattern of light blue circles. At the top, the title 'Pillars of a Healthy Lifestyle' is written in a white, sans-serif font. Below the title, there are four circular icons arranged in a 2x2 grid. Each icon is a different color and contains a white symbol representing a pillar of health. To the right of each icon is the name of the pillar in a white, sans-serif font. The pillars are: Exercise (red circle with a running figure), Diet (green circle with a person at a table), Sleep (purple circle with a bed), and Social Connection (teal circle with a network diagram).

- Exercise
- Diet
- Sleep
- Social Connection

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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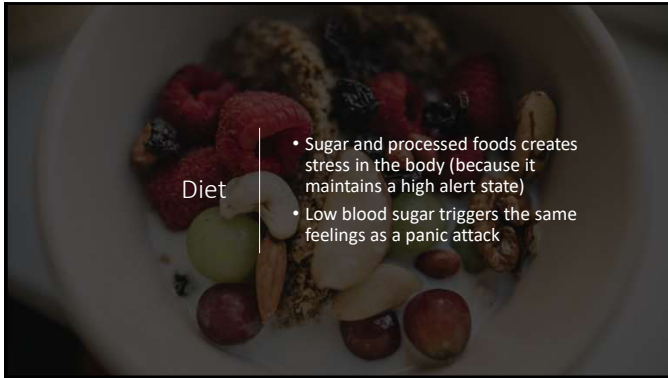
Yoga

287

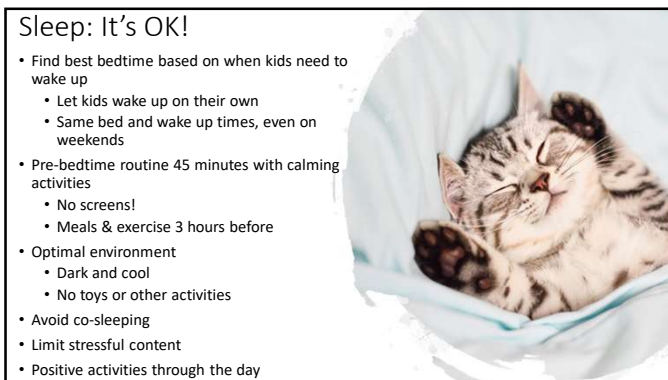
Family Rituals: Dance party

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

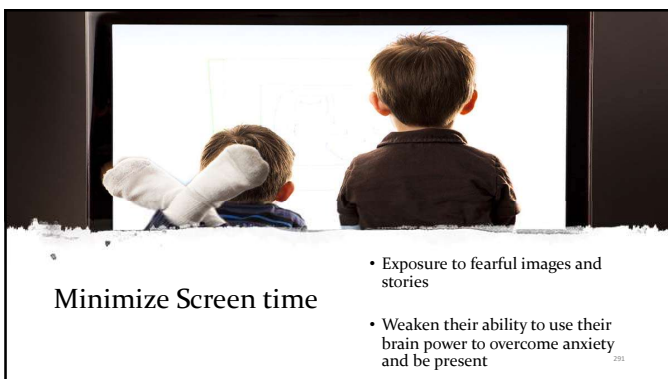
288



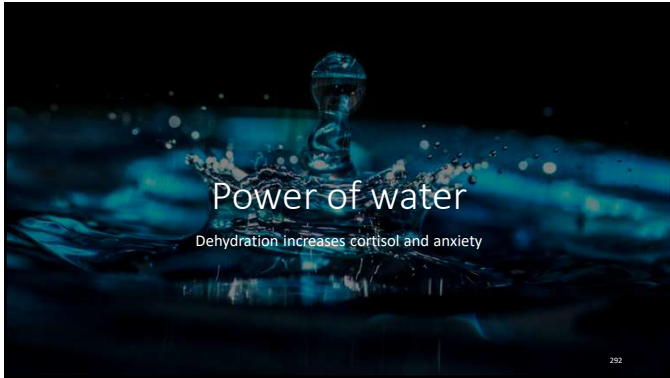
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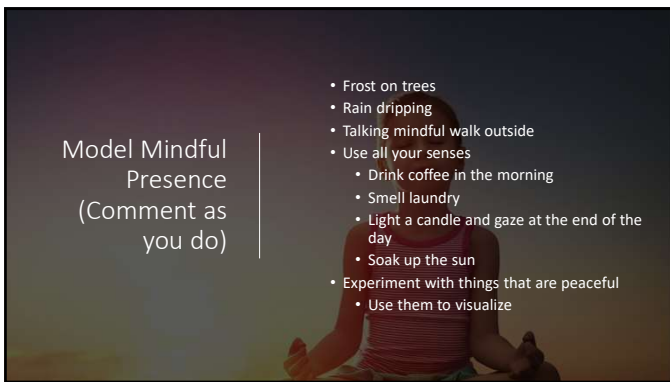
290



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292




293



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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.)

296


Practice!



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298




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

299

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



300





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