

Some tricks to help the child or the adolescent in managing anxiety

Foster a secure environment and reduce sources of stress (stable routine, prepare for transitions, ...)

Establish a positive relationship with your child or adolescent.

Promote the adoption of healthy lifestyles (diet, sleep, sports activities, ...)

Encourage daily breathing, guided meditation, or other means of relaxation.

Foster the self-esteem of the child or adolescent, for example, by highlighting their successes or by leading them to experience successes in their various fields of interest.

Get the child or adolescent to identify their physical sensations and tolerate some discomfort.

Let the child or adolescent experience emotions, even if they are negative, so that they get used to them and the associated discomforts so that they can develop calming strategies so they are more independent in the search for solutions. Support them.

Validate the emotions of the child or adolescent, listen to and respect their fears: we do not choose our fears and even if the danger is not real, the fear is real.

Encourage the application of an effective problem solving method. The more competent we feel to deal with a situation, the less anxiety we experience.

Help them identify their fears and worries. Remind them that anxiety can be experienced by everyone ... and that it is not a sign of weakness. Normalize what they can live through.

Take an interest in the inner thoughts and conversation of the child or adolescent and encourage them to develop a more positive way of thinking.

Help the child or adolescent overcome their fears step by step (often overcoming a fear helps others) and reward their efforts.

Avoid avoidance! Avoidance reinforces anxiety! The best way to overcome anxiety is to expose yourself to our fears.

Encourage the child or adolescent to take action to combat their fears, avoid overprotection.

Provide the child with the tools to eventually become more independent in managing his anxiety. The parent is the companion, and does not become the child's only calming tool.

Helping your child or teenager
« SPINNER » their stress

By identifying the ingredients of stress present in the situation :

Weak sense of control

Threatened personality

Unpredictability

Novelty

Source : Sonia Lupien

Work in collaboration with the different milieu of the child or adolescent.

Do not hesitate to seek professional help. Anxiety can be very painful, but we can learn to manage it well.