



Adolescents & Anxiety

Corbett School District



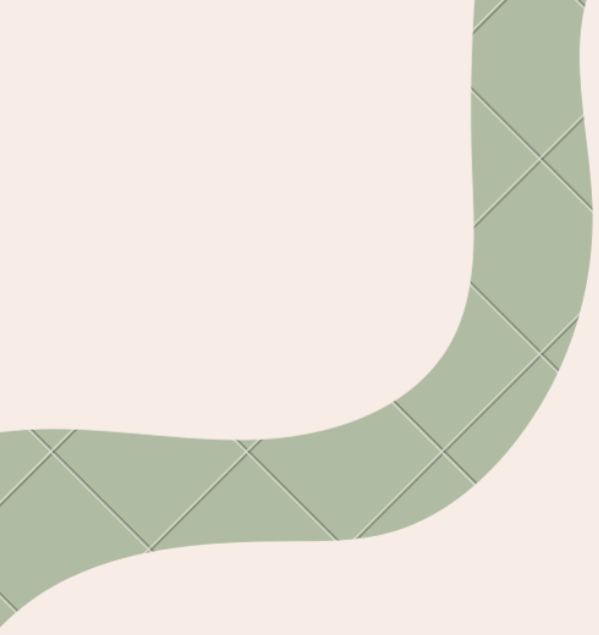


AGENDA

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1. Intros and review agenda
 2. Parking Lot questions
 3. Body Scan
 4. Managing Anxiety
 5. Modeling & Practicing Regulation Skills





BODY SCAN

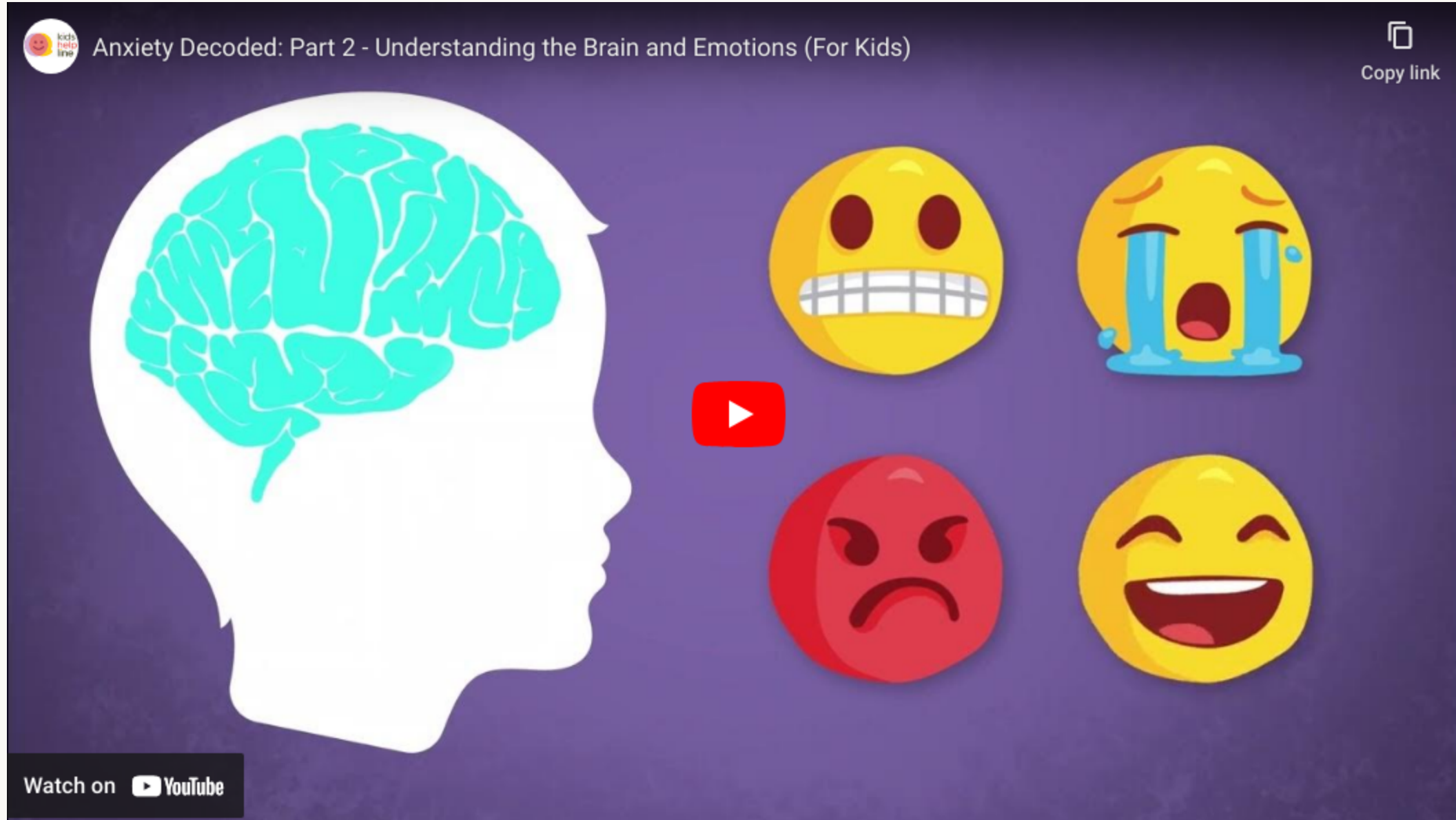




WHAT IS ANXIETY?

Anxiety is a normal reaction to many events and situations in our lives. It is one of our internal warning systems and is responsible for our "fight, flight, or freeze" response.





ANXIETY DECODED: UNDERSTANDING OUR BRAIN

Normal Anxiety

- is related to a specific situation or problem
- last about the same amount of time as the situation or problem
- is proportional to the situation or problem
- is a realistic response to a realistic problem or situation

Clinical Anxiety

- may come up unexpectedly or for seemingly no reason
- anxiety response to a situation or problem is much stronger than what would be expected
- experience unrealistic anxiety - fear of a situation that most likely wouldst happen
- lasts longer than the situation or problem
- may feel impossible to control or manage
- may avoid triggering situations



GENERALIZED ANXIETY DISORDER

Characterized by:

Excessive anxiety and worry
over things like schoolwork,
appearance, health, the future

May not be caused by
anything in particular



At school:

Restlessness, irritability,
trouble concentrating, fatigue,
reluctance to start assignments
and projects.





SOCIAL ANXIETY DISORDER



Characterized by:


Fear in social situations when exposed to unfamiliar people or judgment by others.

Not just shyness - the symptoms are extreme and disabling



At school:

Nervousness to raise hand in class, do a presentation in class, extreme self-consciousness, scared to make mistakes





PANIC / ANXIETY ATTACKS

Characterized by:

Intense fear or worry, with physical symptoms like shortness of breath, sweating, clammy hands, rapid heart rate, shaking, irritability



School can cause:

Fear of lack of control, intense avoiding of things/situations, over-stimulating conversations





TEST ANXIETY


Definition

Test anxiety is linked to performance anxiety. It is a feeling someone might have in a situation where performance really counts or when the pressure is on to do well.

Not the same as doing poorly because you're distracted or don't know the information.



Dealing With Test Anxiety.

- Use a little stress to your advantage
 - Be prepared (good study habits)
 - Try replacing "you won't do well" with "I will do well"
 - Accept mistakes
 - Deep breathing
- 

MANAGING ANXIETY

- Be willing to engage in judgement-free conversations
- Encourage children to talk to a trusted adult at school
 - Keep a diary/journal
 - Watch your physical health
 - breathing exercises
 - grounding exercises
 - engage in positive self-talk
 - Write your worries down





GETTING HELP



TALK TO YOUR STUDENT

Above all, your student is the expert when it comes to determining symptoms. Talk to them to get a better understanding of the struggles they have both in and out of school.



GET A DIAGNOSIS

Talk to your child's pediatrician about the steps in getting a diagnosis. There are tests (and sometimes an interview) that need to be done in order to determine the nature and severity of your child's symptoms.





FIND A THERAPIST OR SEEK OUT A SPECIALIST

Cognitive Behavioral Therapy is the most common treatment for teens with anxiety disorders. If CBT is not enough, your doctor may prescribe medication.



MAINTAIN GOOD COMMUNICATION WITH THE SCHOOL

Be sure to talk to your school regularly so that they are up-to-date with your child's health and know how to best support your child. You might be able to get extra supports for your child through a 504 document.

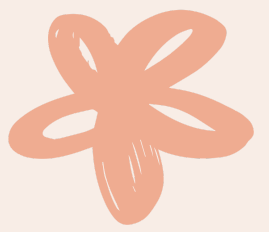
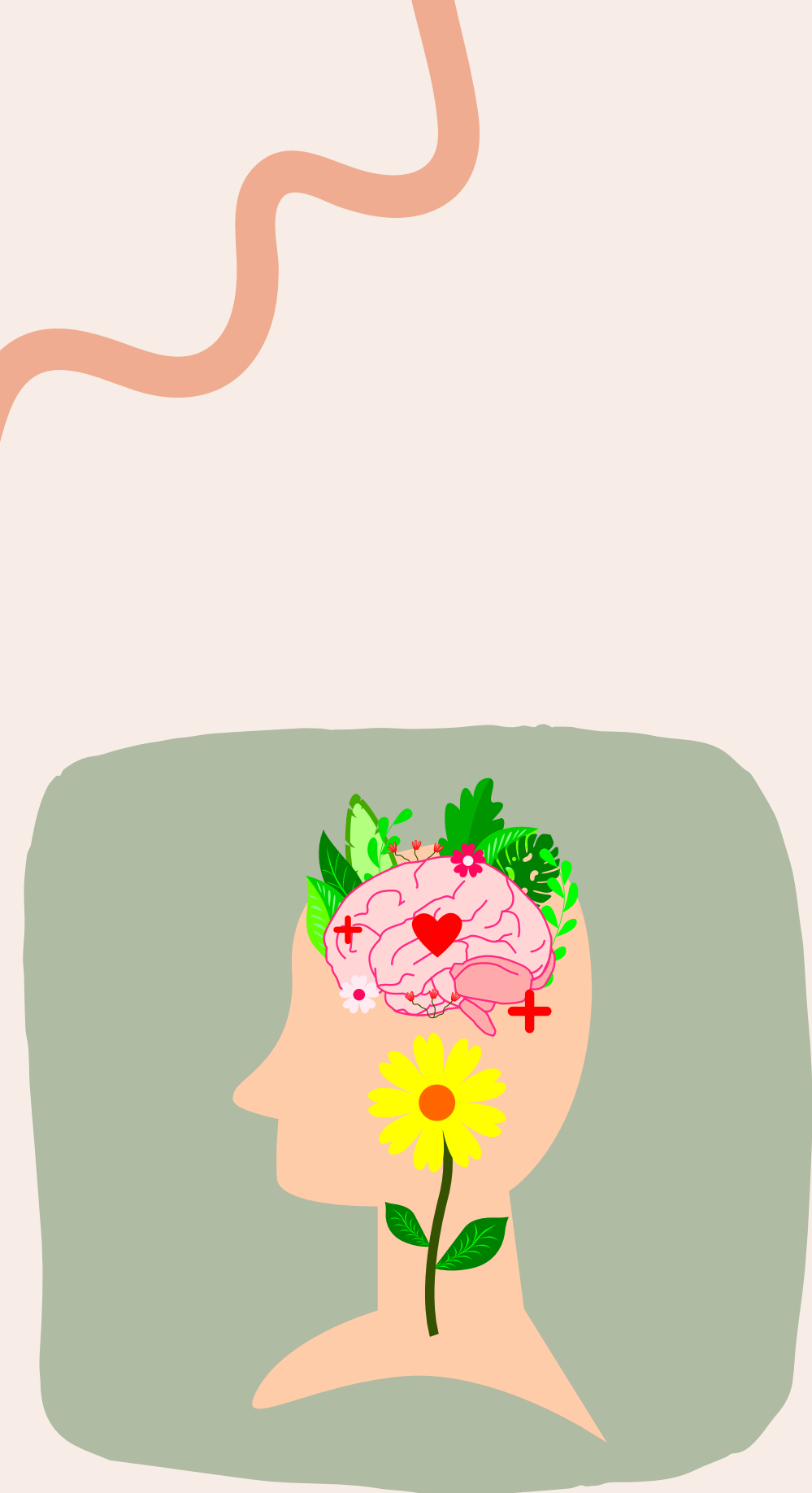


TREATMENT

Treatment of the disorder involves different options:

- Cognitive Behavioral Therapy (CBT) is the most common treatment and is backed by many scientific studies. It involves teaching anxiety-management skills by recognizing and changing negative thought patterns.
- Medication (SSRIs/anti-depressants, benzodiazepines) may be of help if CBT is not enough on its own.

Note: you may have to try many types of treatment before you find the "right fit."



STIGMA

Mental disorders like anxiety can cause stigma and negative comments from other students and even adults. It is important to remember that anxiety is also a disability, like diabetes or arthritis, and should be treated with the same amount of discretion and respect.





RESOURCES

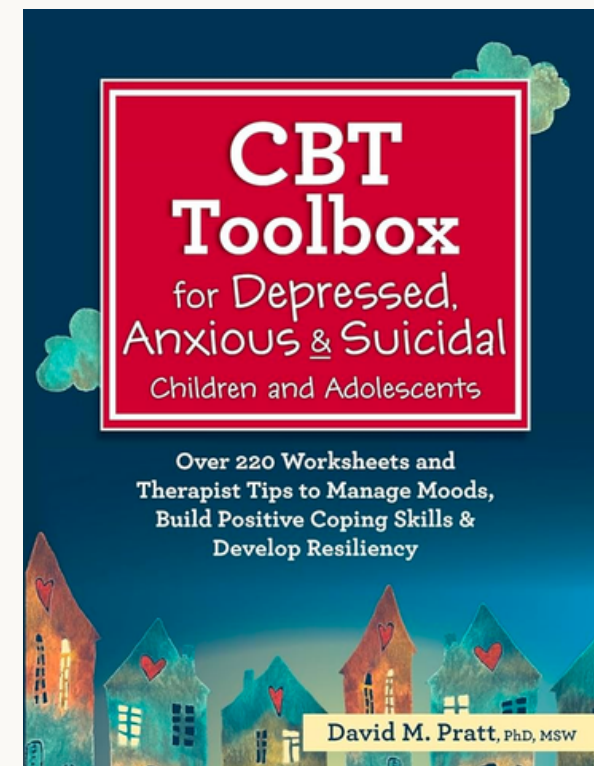
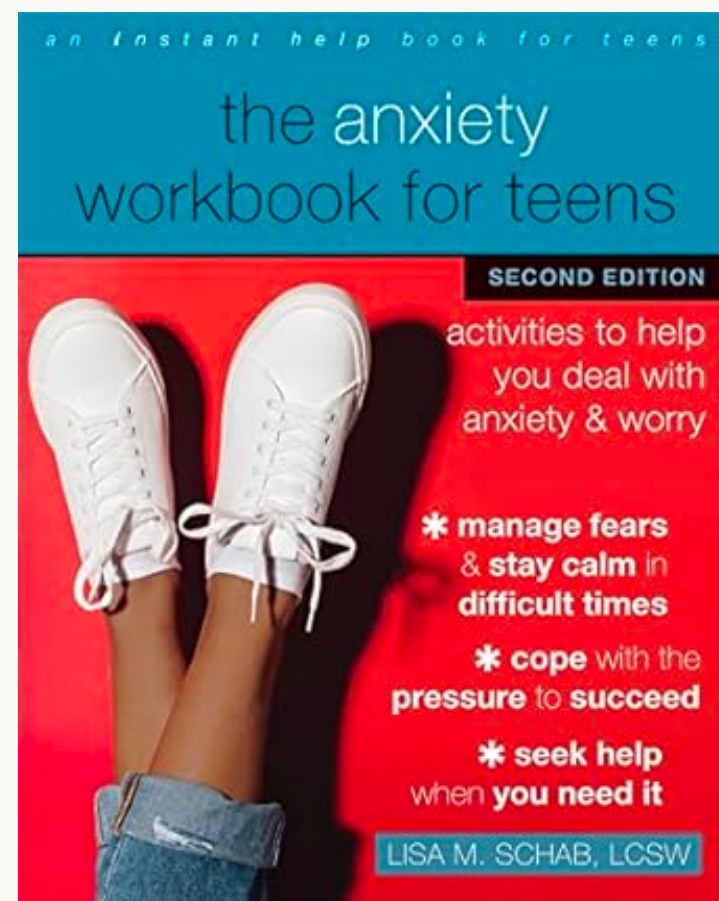
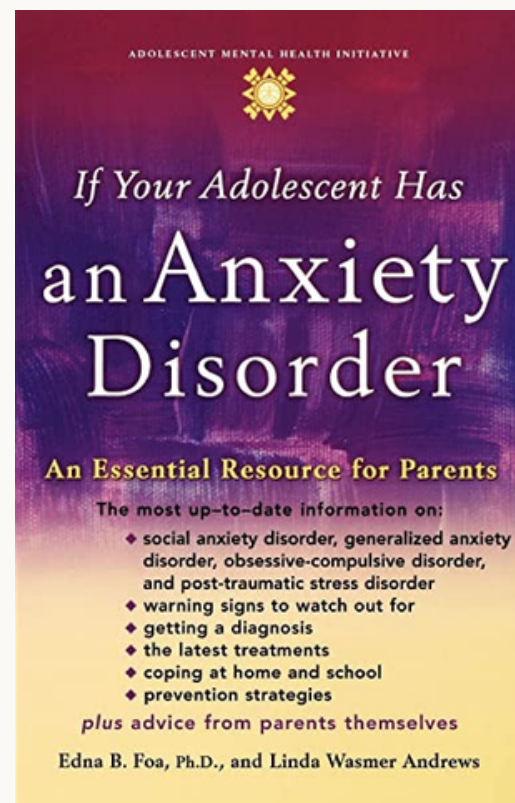


[American Academy of Child & Adolescent Psychiatry - Anxiety Disorders](#)

[Child Mind Institute - Anxiety in Children and Teens](#)



HELPFUL BOOKS





PRACTICING STRATEGIES



5 SENSES GROUNDING



5 THINGS YOU SEE

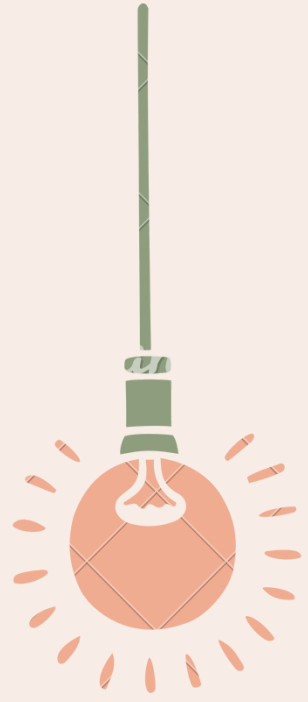
4 THINGS YOU FEEL

3 THINGS YOU HEAR

2 THINGS YOU SMELL

1 THING YOU TASTE





THANK YOU!



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