



**Mental Health
Matters**

Angst

Strategies of Support *Supporting the Young Child*

Websites & Articles:

Anxiety in Kids: The Basics

<https://childmind.org/topics/anxiety/#parenting-anxious-kids>

Anxiety in Children and Teens: A Parent's Guide

<https://www.helpguide.org/articles/anxiety/anxiety-in-children-and-teenagers.htm>

Videos:

Nixi and Nimbo is a series of videos discussing anxiety in young children.

[▶ Episode 1 | A New Adventure | Nixie & Nimbo](#)

Fight Flight Freeze: A Guide to Anxiety for Kids

[▶ Fight Flight Freeze – A Guide to Anxiety for Kids](#)

How to Help a Child with Anxiety: A Parent-Centered Approach...

[▶ How to Help a Child With Anxiety: A Parent-Centered Approach ...](#)

Things to Say to Anxious Kids

[▶ 4.25 Things to Say to Anxious Kids | Child Anxiety Tips](#)



**Mental Health
Matters**

Angst

Strategies of Support *Supporting the Tween Child*

Websites & Articles:

Anxiety in Kids: The Basics


<https://childmind.org/topics/anxiety/#parenting-anxious-kids>

Anxiety in Children and Teens: A Parent's Guide

<https://www.helpguide.org/articles/anxiety/anxiety-in-children-and-teenagers.htm>

Videos:

Fight Flight Freeze: A Guide to Anxiety for Kids

 **Fight Flight Freeze – A Guide to Anxiety for Kids**


The Cycle of Anxiety

 **What is the Cycle of Anxiety?**

How to Help a Child with Anxiety: A Parent-Centered Approach...

 **How to Help a Child With Anxiety: A Parent-Centered Approach ...**

Things to Say to Anxious Kids

 **4.25 Things to Say to Anxious Kids | Child Anxiety Tips**



**Mental Health
Matters**

Angst

Strategies of Support *Supporting the Teen Child*

Websites & Articles:

Anxiety in Kids: The Basics

<https://childmind.org/topics/anxiety/#parenting-anxious-kids>

Anxiety in Children and Teens: A Parent's Guide


<https://www.helpguide.org/articles/anxiety/anxiety-in-children-and-teenagers.htm>

How Anxiety Affects Teenagers

[How Anxiety Affects Teenagers - Child Mind Institute](#)

Videos:


Fight Flight Freeze: A Guide to Anxiety for Kids

 [Fight Flight Freeze – A Guide to Anxiety for Kids](#)


The Cycle of Anxiety

 [What is the Cycle of Anxiety?](#)

How to Help a Child with Anxiety: A Parent-Centered Approach...

 [How to Help a Child With Anxiety: A Parent-Centered Approach ...](#)

Things to Say to Anxious Kids

 [4.25 Things to Say to Anxious Kids | Child Anxiety Tips](#)



Strategies of Support

Strategies to Support Someone Experiencing Anxiety

1

Practice Breathing Exercises, Hand Breathing

- Exercise and activity
- Sleep
- Drinking water
- Quality time with family
- Eating healthy

2

Spend Quality Time Together

- Offer reassurance, without trying to fix the stressor
- Help identify cause of worry
- Validate feelings
- In a calm moment, logically work through the worry
- Practice a focused activity together

3

Find a Calming Activity

- Take a walk
- Listen to music
- Draw/Color
- Read a book
- Watch a movie/show

4

Use the Five Senses Technique

- List 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

5

Pay Attention to the Daily Needs

- Exercise and activity
- Sleep
- Drinking water
- Quality time with family
- Eating healthy

6

Seek Professional Help if the Worries Continue and Begin Affecting Daily Life

- Contact your child's pediatrician or
- Contact a mental health profession

7

Create an Anxiety Strategy Card

- Make a plan if anxiety arises.
- Use an index card and have the child write and/or draw their ideas of what helps them feel calm.
- The strategies could include taking a walk, hand breathing, writing in a journal, etc.
- The card includes four to five strategies.
- Decorate and personalize the card.