MANAGING ADOLESCENT ANXIETY

GOAL:

To help your child notice anxiety and respond in healthy ways.

1. **Recognize** key situations, thoughts, and feelings that contribute to your child's anxiety.
2. **Check the facts.** Ask your child, "Are the feelings and ideas matching the situation or holding you back?"
3. **Take action.** Approach situations that are worthwhile in small and manageable steps.
4. **Team up.** Building up to big goals takes time. Remind your child they don't have to do it alone.

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Growth begins where easy ends