

Anxiety Management Tools

A RESOURCE LIST FOR CHILDREN, TEENS, & FAMILIES

Books

CHILDREN

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety
by Dawn Huebner

Please Explain Anxiety to Me! Simple Biology and Solutions For Children & Parents
by Laurie & Jordan Zelinger

Don't Feed the Worry Bug
by Andi Green

What to Do When You're Scared & Worried: A Guide for Kids
by James J. Crist

TEENS

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, School, & Everywhere Else
by Christopher Willard

The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, & Panic
by Jennifer Shannon & Doug Shannon

Anxiety Sucks! A Teen Survival Guide
by Natasha Daniels

PARENTS

If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents
by Edna B. Foa

Helping Your Anxious Child: A Step-by-Step Guide for Parents
by Ronald Rapee and Ann Wignall

The Anxiety Cure for Kids: A Guide for Parents & Children
by Elizabeth DuPont Spencer and Robert L. DuPont

Why Smart Kids Worry and Parents Can Do to Help
by Allison Edwards, LPC

Music / Audio

CHILDREN

I Can Relax! (Progressive Muscle Relaxation for Children)
by Donna B. Pincus, PhD

Meditations for Kids
by Sada

Relaxation & Self-Regulation Techniques for Children & Teens
by Mary Karapetian Alvord

TEENS

Guided Relaxation for Teenagers
By Edna Reinhardt

Stress Management for Teens: Guided Relaxation
by Mellissa Dormoy

Meditation for Teens (Stress Relief, Study Skills, & Gratitude)
by Alison Nancye

ADULTS

Written on Clouds: Bilateral Music
by Alternating Sounds

Brainspotting: BioLateral Sound Healing
by David Grand, PhD

Progressive Muscle Relaxation
by Beth Salcedo, MD

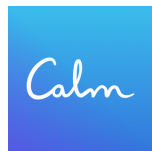
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A RESOURCE LIST FOR CHILDREN, TEENS, & FAMILIES

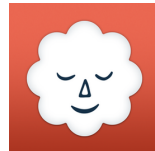
Smart Device Apps



Headspace
(Ages 6+)



Calm
(Teens & Adults)



Stop, Breathe, & Think
(Kids & Adults)



Happify
(Teens & Adults)



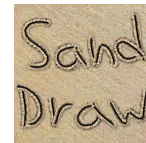
MoodNotes
(Teens & Adults)



Breathwrk
(Ages 4+)



Breathe, Think, Do
(Kids)



Sand Draw
(Kids & Adults)

Websites

Anxiety & Depression Association of America
www.adaa.org

Worry Wise Kids
www.worrywisekids.org

Child Mind Institute
childmind.org

**The American Academy of Child and Adolescent Psychiatry:
Anxiety Disorders Resource Center**
www.aacap.org



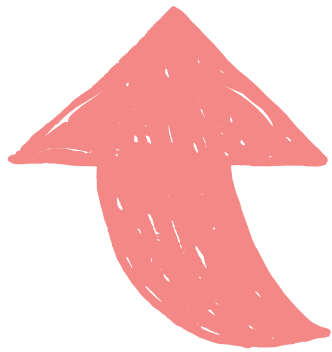
What Does Anxiety Look Like?

COMMON SIGNS OF ANXIETY IN ADULTS & CHILDREN

It is important to remember that anxiety can look different in each child/ person. As adults work toward regulating children, it is important for them to name their own anxiety in order to normalize the feeling and model effective coping strategies.

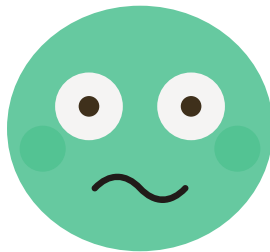
Below are some common signs of anxiety in adults & children:

HYPERAROUSAL SIGNS (THINK FIGHT OR FLIGHT RESPONSE)



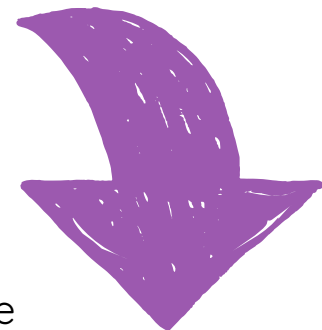
Tension
Shaking
Heart Racing
Irritability
Impulsivity

Emotional Reactivity
Defensiveness
Talking Back
Excessive Motor Activity
Overwhelming Others



Lack of Motivation
Passive
Foggy Thinking
Hopelessness
Fatigue

Helplessness
Lack of Energy
Disconnected
Feeling "Numb"
Automatic Obedience



HYPOAROUSAL SIGNS (THINK COLLAPSE/SHUT DOWN RESPONSE)

Activities to Reduce Anxiety

REGULATING THE MIND AND BODY THROUGH MOVEMENT & ENGAGEMENT

STRATEGIES FOR DECREASING HYPERAROUSAL

- Drinking from a straw
- Comfort food: eating something chewy/smooth
- Sipping warm water
- Heavy work (moving, filling, pushing, sorting, etc.)
- Calming music
- Moving through extra energy (could you have a dance party?)
- Create the coolest foot shake (instead of it being a handshake?)
- Breathing Activities (“Good Morning Yoga or Good Night Yoga” by Mariam Gates on YouTube)
- Weighted blanket (approximately 10% of child’s body weight)
- Jumping, Skipping, or Hopping

STRATEGIES FOR INCREASING AROUSAL WHEN IN HYPOAROUSAL

- Chew crunchy food (make a trail mix, or party mix)
- Stimulate senses (Do a tour around your house using each sense. First tour use sight, second touch, third smell, fourth hearing and fifth taste)
- Blow water with straw
- Dance
- Gentle slow movement
- Finger paint

Promoting Regulation at Home

HOW PARENTS CAN HELP THEIR CHILDREN DURING TIMES OF UNCERTAINTY



We can help our children cope with change and uncertainty by addressing the topics of concern and creating structure at home. Here are some things to consider as you determine the appropriate routine for your family during this extended break from school:

- Remember to use simple, clear language
- What is asked/ expected from your child regarding spring break schedule?
- Do you have certain time children required to be awake by?
- Will you encourage a quiet period with no access to screens?
- Would you like your children to have a spring break bedtime?
- Remember that some children need to know approximate mealtimes to reduce worry they may be feeling by this abrupt change in schedule.
- What do you envision spring break looking like for your family?
- If your child(ren) were signed up for a spring break activity, has it been canceled or postponed?
- Who will be home with your child(ren)?
- If your position has now become a work from home position, what do you need from your children to help you carry out your responsibilities?

Balancing Screen Time Usage

MANAGE ANXIETY BY PROMOTING CONSISTENCY, STRUCTURE, & ROUTINE

Many children seem to believe that extended school break means endless access to screen time. It is important to begin with setting attainable boundaries around screen time to prevent exposure to news that is not age appropriate and raising anxiety/depression symptoms. Below are a few suggestions around screen time use



THE AMERICAN ACADEMY OF PEDIATRICS' RECOMMENDED DAILY SCREEN TIME USAGE

Ages 0-18 months:

Limit screen time use to facetime/skype sessions.

Ages 18-24 months:

High-quality media with parent/guardian interaction to explore the content.

Ages 2-5 years old:

Limit of one (1) hour per day of high-quality media.

Ages 6+ years old:

Maximum 2 hours per day of screen-time use.

Recent reports show that kids ages 11-14 spend an average of 9 hours per day in front of screens. This is more than 4x the recommended usage time!

SCREEN-FREE ACTIVITY IDEAS

- Read to an animal
- Read to your favorite toy
- Create a fort
- Play stuffed animal hide and seek
- Create a time-capsule
- Build your favorite city out of Legos
- Build a maze with Legos
- Make up tongue twisters
- Flashlight puppets
- Create your own at-home restaurant
- Write down summer goals
- Hula Hoop or Jump Rope
- Learn a magic trick
- Play a card game
- Memorize a positive poem, or book.
- Create an obstacle course
- Write letters to family & friends
- Make a bird feeder
- Create sock puppets
- Create a family bucket list
- Make homemade playdough
- Create friendship bracelets
- Create a hotwheels track
- Go on a walk
- Pick your neighbors weeds
- Create sensory bins

Creating a Daily Routine

DEVELOP A SCHEDULE THAT WORKS FOR YOUR FAMILY

Children respond best to consistency and knowing what to expect next. Your family's routine can be simple (written, verbalized, or even displayed using pictures).

Remember: predictability is what children need most in order to manage their anxiety and behavior.

Below is a sample schedule that can be modified to fit your family's needs:

Morning Routine

- Breakfast
- Reading
- Household responsibility
- 1-2 short shows (max: 45 minutes to 1 hour)
- Outdoor play time
- Board game with siblings

Mid-Day Routine

- Lunch
- Reading
- Household responsibility
- 30 minutes of video game or computer activity
- 1 short show
- Outdoor play time, walk or exercise
- 1-2 hour household quiet time, no screen

Afternoon Routine

- Snack
- Mealtime prep for evening
- Afternoon project: reading, crafts, independent game, or group game

Evening Routine

- Dinner
- Family show/movie
- Shower/ Bath (Recommended 2 hours before bedtime)
- Bedtime, no later than 1 hour later than school bedtime.

Age Appropriate Chores

SUGGESTIONS TO HELP YOUR CHILD FEEL INCLUDED IN FAMILY RESPONSIBILITIES

Ages 2-3

- Put toys in box
- Stack books on shelf
- Place dirty clothes in the hamper
- Throw away trash
- Fold washcloths
- Water Plants
- Hang up jackets



Ages 4-5

- Get Dressed
- Feed Pets
- Wipe up spills
- Put away toys
- Pick up bedroom
- Help make the bed
- Prepare simple snacks
- Empty bathroom trash

Ages 6-7

- Set the table
- Make a salad
- Match clean socks
- Fold towels
- Put away groceries
- Bring in mail
- Make their bed
- Hang up jackets
- Help load dishwasher

Ages 8-9

- Dust furniture
- Sort laundry
- Unload dishwasher
- Walk dog
- Take trashcan to curb
- Sweep the porch
- Tidy bedroom

Ages 10-11

- Prepare simple meals
- Take garbage out to trashcan
- Put away laundry
- Clean bathrooms
- Wash/dry the dishes
- Load /unload dishwasher
- Vacuum

Ages 12+

- Any Previous chores
- Rake and bags leaves
- Mow yard
- Clean the bathroom
- Pack school lunches
- Wash and fold laundry
- Supervise younger children's chores

Additional Talking Points

REDUCING ANXIETY THROUGH CALM & HONEST COMMUNICATION

Dr. Caelan Soma from Starr Commonwealth recently shared ways to support children/teens as we navigate COVID-19:

The most important thing a parent/adult can do is to remain calm themselves. Children will mirror the reactions of adults. So, pay attention to what you say and do! They will pick up on changes in your tone of voice and non-verbal body language.

Answer their questions (even if they are repetitive and don't make sense to you). Answer in a way that is direct and calm.

Give children the facts in a developmentally appropriate way. If you do not, they will imagine something on their own that may be far worse as to what the crisis really is.

Try not to engage in gossip or conversations sparked from social media panic.

During a pandemic, remember these responses:

- "Yes, we do need to be careful about washing our hands and staying away from others who may be sick."
- "The likelihood of one of us getting the virus is not high – but if we do, doctors will take care of us."
- "It is very rare to die from the COVID-19 virus unless you are very old or already very sick."
- "It is okay and normal to be worried, scared about this—of course you are. We all are, and that is why we are doing everything we can to keep you safe."

Above all else, this is an opportunity for lots of quality time. Make new connections with your children or students (if possible).

Play! Lighten up expectations (behavior, communication, academics, etc.) when children are worried or scared.

Additional Resources

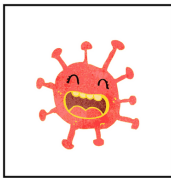
KEEPING YOUR CHILD'S BRAIN & BODY ACTIVE DURING THE EXTENDED BREAK

Free Educational Resources

Education Companies Offering Free Subscriptions due to School Closings:
<http://www.amazingeducationalresources.com/>

Free Resources for Children

Below are links to some free resources for helping you talk to your children regarding Covid-19.



#COVIBOOK

www.bit.ly/2xMB3Tm

This short book is intended to support and reassure children, under the age of 7, regarding the COVID-19. This book provides an invitation for families to discuss the full range of emotions arising from the current situation.



BrainPop STEM Studies Videos: Understanding the Coronavirus

www.bit.ly/2TVuYfQ

A short video about the coronavirus - geared toward school-aged children

Talking to Kids About the Coronavirus: Counselor Keri

www.bit.ly/2x12jNE

15 things we can do when talking to our children about the Coronavirus

