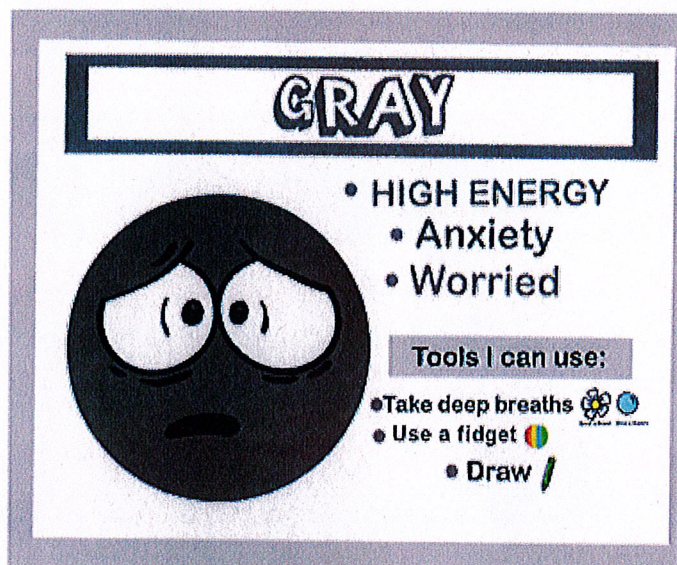
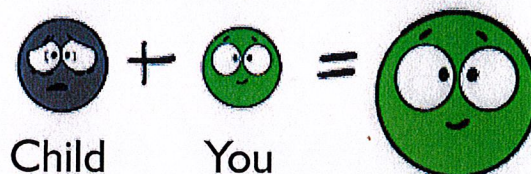
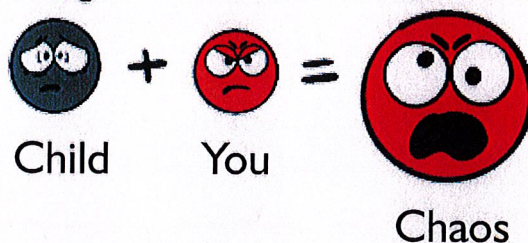


# ANXIETY / WORRY

Anxiety is another challenging emotion. Unless a parent understands anxiety, it can be challenging to navigate through this emotion. Often phrases that you think are helpful become more painful.



Anger does NOT CALM Anxiety



Providing Support

Anxiety and Worry stem from not feeling safe, whether it's logical or not. It's important to offer support rather than dismissal or shame.

## Try This:

I see that your worry SPOT just showed up.

This helps them identify how they are feeling. You might even find out it's not what you thought.

How can I help you?

This shows them that you are there to help them.

You are safe, I am here for you.

This helps them feel like they have you to help them.

## Avoid This:

When you say these phrases below, you convey that you feel their worry or fear is not important. Remember that regardless if their fear is logical or not, it feels real to them.

Don't Worry!

Calm down!

You're fine!

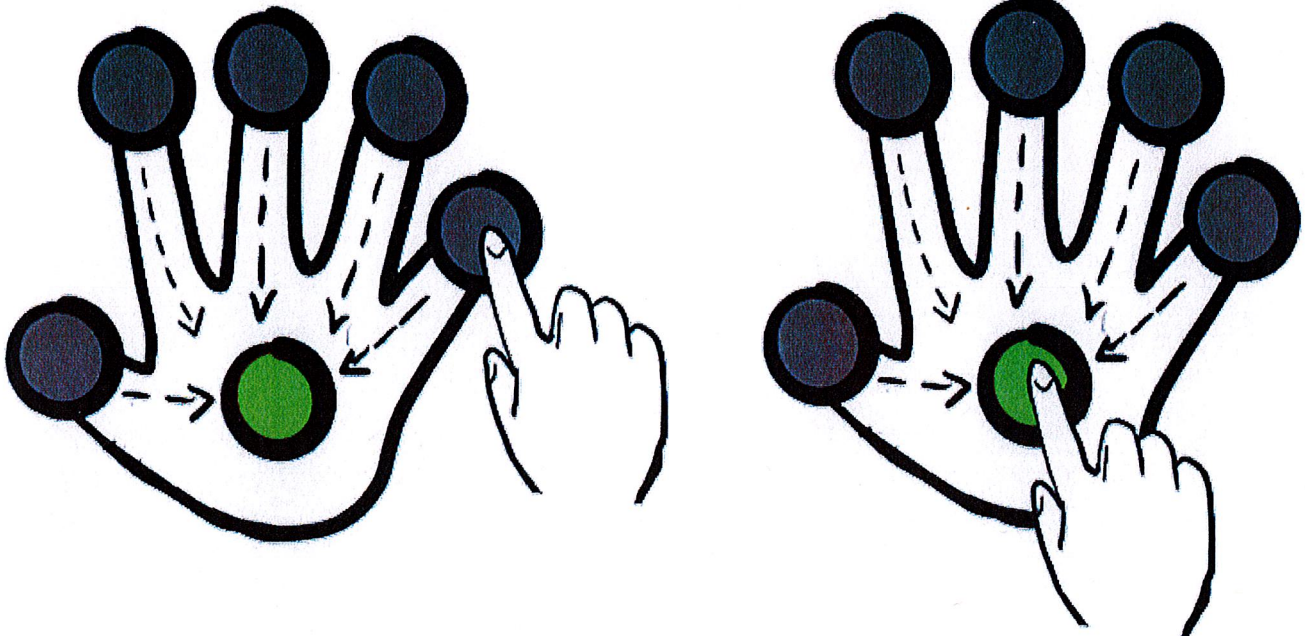
You're overreacting!



# ANXIETY / WORRY

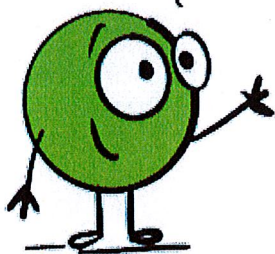
Helping children remember to take deep breaths and focus when an Anxiety SPOT shows up is important. This coping strategy incorporates counting and breathing.

Guidance is also provided below:



- 1 Imagine five spots on your fingers. All five fingers have a gray spot and your palm has a green spot.
- 2 With your other hand, trace one gray spot down to a green spot.

**Now Say:** FROM THE TIP OF MY FINGER, TO THE MIDDLE OF MY PALM,  
I CAN DO THIS! I CAN BE CALM.



THIS WORRY GREW TOO BIG, AND CANNOT STAY,  
TAKE A DEEP BREATH, AND BLOW IT AWAY.