

ANXIETY

HOW TO MANAGE KIDS INSECURITIES

1. LEARN ABOUT ANXIETY



Anxiety isn't bad, it is part of life. Everyone is anxious some of the time. But kids cannot just get over it. Start with understanding

2. ACCEPT THE ANXIETY

Listen to the child without judgement. If they have a hard time verbalizing, have them draw it. Remain calm.

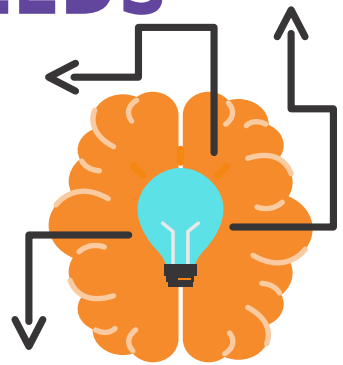


3. TEACH SKILLS TO COPE

Deep slow breathing, positive self talk, and social skills. Practice yoga or meditation.

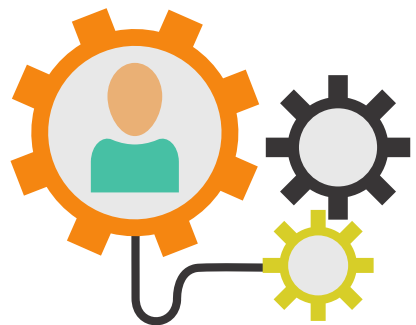
4. UNDERSTAND THEIR NEEDS

Every child is different so learn their unique concerns and triggers. Recruit a mentor like a grandparent.



5. POSITIVE REINFORCEMENT

Encourage new experiences and reward them accordingly. If they show an interest in art, music, sports, their passion will help offset the anxiety.



LEARN MORE

www.cjcorki.com/mental-health