

My Teen Has Anxiety: What Can I Do?

Kawartha Pine Ridge District School Board

Parent Conference on Mental Health

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Overview

1. All About Anxiety

- What is anxiety?
- Types of Anxiety
- Anxiety Stats
- Common causes of Anxiety for Teens
- When is Anxiety a Problem?
- Is Anxiety a Problem for your Teen?

2. What Can Parents Do?

- Tools to Help Your Teen Manage Anxiety
- CBT model and Strategies for Anxiety
- Protective/Prevention Strategies

3. Questions

4. Resources

What is Anxiety?

- Everyone experiences anxiety from time to time, but anxiety becomes a problem when these feelings begin to interfere with day to day functioning.
- Anxiety Disorders are characterized by an irrational fear of a situation or stimulus that is in excess of what would be considered reasonable and age appropriate.
- Common symptoms include: restlessness, sleep difficulties, irritability, difficulty concentrating, somatic complaints, school refusal, perfectionism, reassurance seeking.

Types of Anxiety

- 1. Anxiety Disorders** (Separation Anxiety Disorder, Selective Mutism, Specific Phobia, Social Phobia, Agoraphobia and Generalized Anxiety Disorder)
- 2. Obsessive-Compulsive Disorders** (Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, Hoarding Disorder, trichotillomania and Excoriation Disorder)
- 3. Trauma and Stressor-Related Disorders** (Reactive Attachment Disorder, Disinhibited social engagement disorder, PTSD, Acute Stress Disorder and Adjustment disorder)

Anxiety Stats

- Anxiety disorders are the most common childhood/adolescent mental health disorders.
- Between 10% and 30% of school children/teens experience anxiety severe enough to impair educational and social development.
- Adolescents with an anxiety disorder are more likely to report higher levels of depression, attention and concentration problems, lower self-esteem, and problematic peer relationships.
- The Psychology Foundation of Canada reports that anxiety in children has increased by 45% over the past 30 years.



SCHOOL MENTAL HEALTH-ASSIST
ÉQUIPE D'APPUI POUR LA SANTÉ
MENTALE DANS LES ÉCOLES

Common Causes of Anxiety for Teens

- School demands
- Negative thoughts and feelings about themselves
- Changes in their bodies
- Sexual development and relationships
- Unsafe living environment
- Problems with friends and/or peers at school/bullying

Common Causes of Anxiety for Teens

- Separation/divorce of parents
- Chronic illness
- Severe problems in the family
- Death of a loved one
- Moving or changing schools
- Taking on too many activities
- Perfectionism
- Social pressures

Peer Pressure

- Research shows that almost all teens face a negative peer pressure situation daily
- Cheat, skip classes, fight, lie to parents, dress or look in particular ways, vandalise, gossip/belong to clicks, stay out late, drive too fast, other high risk behaviours involving drugs, alcohol, engagement in sexual behaviour.

Influence And Age (Juhasz, 1989)

Primary & Junior	Intermediate & High School	College & University
<ol style="list-style-type: none">1. Mother2. Father3. Siblings4. Friends	<ol style="list-style-type: none">1. Friends2. Mother3. Father4. Siblings	<ol style="list-style-type: none">1. Teachers2. Friends3. Parents4. Siblings

When is anxiety a problem?

- Worries that become extreme/intrusive
- When anxiety interferes with daily functioning
- Unhealthy coping strategies (substance use/self-harm)

Is Anxiety a Problem for Your Teen?

- How does my teens behaviour compare to that of his/her peers?
- Is anxiety interfering with my teen's friendships, schoolwork, family life, and/or extra curricular activities?
- Is my teen extremely distressed by feelings of anxiety?
- Does my teen seem to be ill often?

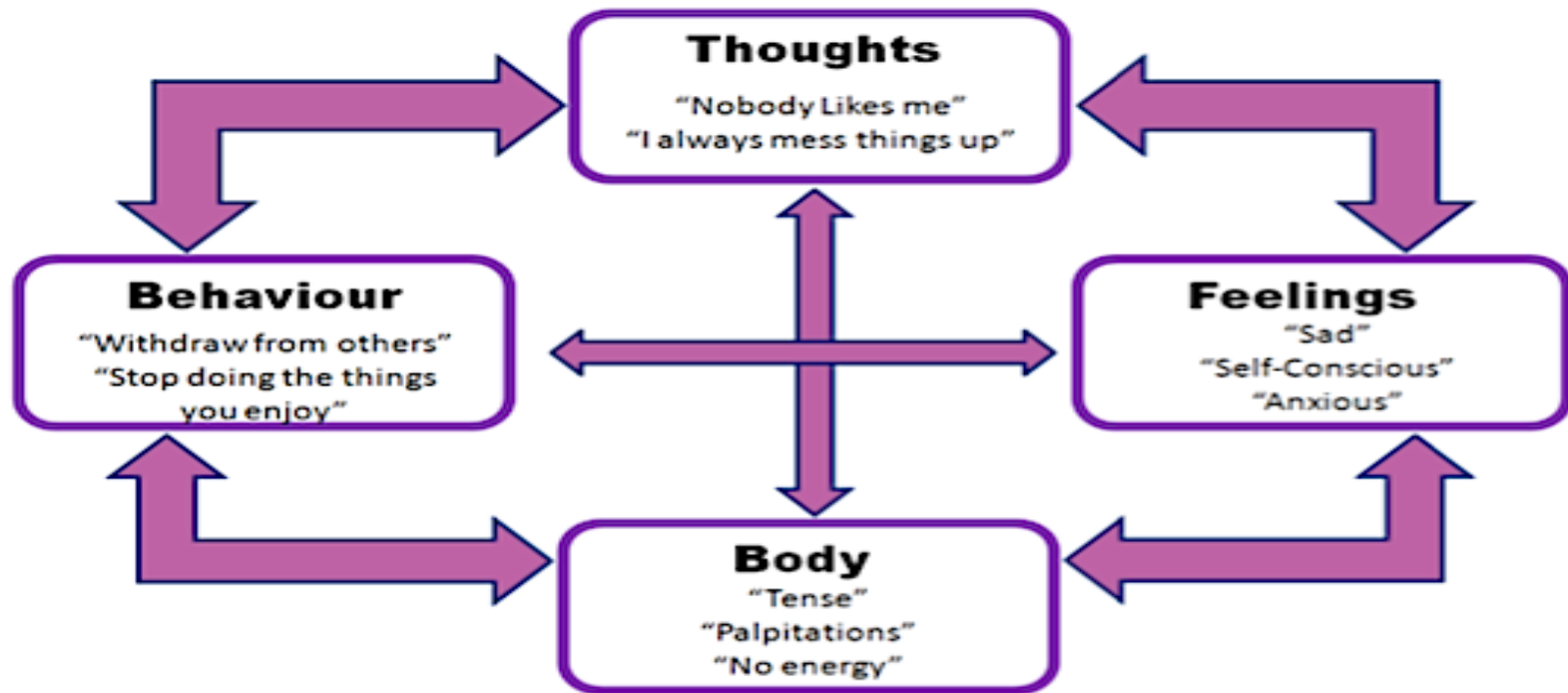
What Can Parents Do?



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Tools to help your Teen Manage Anxiety

CBT Model for Anxiety



www.harleytherapy.co.uk (Diagram adapted from Westbrook, Kennerley and Kirk, 2007)

Unhelpful Thinking Habits

Mental Filter

Judgements

Mind-Reading

Emotional Reasoning

Prediction

Mountain and Molehills

Compare and despair

Catastrophising

Critical self

Black and White thinking

Shoulds and musts

Memories

“Reframe” worrisome self talk

- Identify the negative self talk
- Challenge` the negative self talk
- Develop a more balanced statement

Protective/Prevention Strategies

- Relaxation strategies
 - Mindfulness/Meditation
 - Diaphragmatic breathing
 - Regular exercise
 - Listen to music
- Effective parental communication
- Regular meals as a family
- Parental Monitoring

- Good sleep hygiene
 - Keep TV, phone, computer out of the bedroom at night
 - No electronics ½ hour before bedtime
 - Establish a regular bedtime routine
- Healthy nutrition
- Encourage activities that increase self-esteem
- Monitor your reactions to your teens anxiety
- Monitor your own reactions to anxiety

- Encourage time with friends (discourage isolation)

Questions?



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Resources

www.psychologyfoundation.org

www.cmha.ca

www.anxietybc.ca

www.mindyourmind.ca

www.calm.com

Apps

MindShift

Calm

Headspace

Thank You!



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