



## RECOGNIZING ANXIETY IN YOUTH

### Supporting Youth with Symptoms of Anxiety

How to help	
<b>Reduce triggers</b>	<ul style="list-style-type: none"><li>• Provide consistent and predictable arrival routines</li><li>• Develop a plan for study time</li><li>• Provide 15-minute warning before moving onto the next activity</li></ul>
<b>Remind them they don't have to be perfect</b>	<ul style="list-style-type: none"><li>• Perfectionism drives feelings of worry and anxiety. Remind youth that they don't have to be perfect</li><li>• Model a growth mindset-mistakes are a part of learning and can be seen as opportunities!</li></ul>
<b>Offer healthy outlets</b>	<ul style="list-style-type: none"><li>• Exercise, eat regular meals, get proper sleep</li><li>• Spend time doing something they like</li><li>• Reinforce social-emotional well-being skills like problem-solving, decision-making, and conflict resolution</li></ul>
<b>Empathize</b>	<ul style="list-style-type: none"><li>• Let the youth express their feelings, sometimes all we need is to hear our thoughts out loud to realize that they are not as overwhelming as they feel in our head.</li></ul>
<b>Stay calm</b>	<ul style="list-style-type: none"><li>• Staying calm can help people feel safe</li><li>• Regulate your own feelings of distress and model calmness</li></ul>
<b>Find relaxing activities</b>	<ul style="list-style-type: none"><li>• Build in time for mindfulness/contemplation, self-regulation, and/or stress reduction techniques</li></ul>
<b>Seek Professional help</b>	<ul style="list-style-type: none"><li>• Explore professional options including seeing a therapist</li></ul>