

ANXIETY STRATEGIES FOR CHILDREN AND ADULTS



MANAGE AND REDUCE STRESS

It is important that your children are not over involved in so many activities that they feel stress in keeping up with those activities and their school work.

THOUGHT-STOPPING

Thought-stopping goes like this: a negative unhealthy, or unhelpful thought enters your mind and you stop it immediately.



RELAXED, DIAPHRAGMATIC BREATHING

Take slow, deep breaths through the nose and exhale through the mouth.

NEW MINDSET

This means you have to create a new place for your thoughts to live.

PHYSICAL ACTIVITY AND EXERCISE

It's one of the best ways to combat and reduce anxiety



This involves tensing and relaxing each muscle from your head down to your toes.

PROGRESSIVE MUSCLE RELAXATION



ENJOYABLE ACTIVITIES

It helps children build hobbies, new skills and confidence.