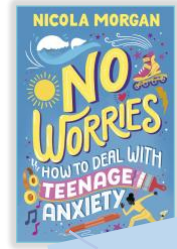
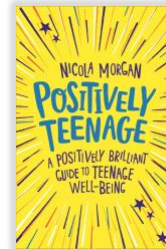
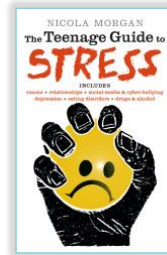


Help Young People's Anxiety

Tips from Nicola Morgan,
The Teenage Brain Woman
and author of many books to support
young people through adolescence



Coming
summer
2023

Anxiety is typically and naturally higher during tough times and for some individuals more than others. Young people can learn powerful coping strategies which will strengthen them to face all life's ups and downs so they can succeed and be happy. (All these strategies work brilliantly for people of all ages.)

1. Avoid catastrophising: things are hard but the world isn't ending

Young people take cues from us. If they see us terrified, they'll be terrified. If they see that we have hope and trust our ability to cope, they'll have hope.

2. Set a good example: how do you manage stress?

When you're stressed or anxious, what are your coping mechanisms? Again, they'll tend to copy both negative and positive behaviours.

3. Acknowledge their fear: don't dismiss as trivial

When they say they're worried about something, 1. Accept that this *is* their fear. 2. Help them look at it rationally, factually and proactively. 3. *Then* move their focus to something more positive.

4. Focus on things they *can* control

If the worry is about something outside their control, help them see that and then focus on things they can control. Help them list things they can control. Give a practical project.

5. Show them how to reduce their body's reaction during anxiety

Anxiety produces immediate reactions such as heart rate increase and muscle tension. Help them notice that and show how they can reduce symptoms with eg "belly-breathing". (See my website.)

6. Teach to look ahead: "This too shall pass"

When we're in a bad time, we need to be reminded that everything changes and that one day we'll look back. Young people need this reminder even more. This is part of resilience.

7. Keep them busy with healthy distractions

To help focus less on anxious thoughts, use distracting activities which engage concentration and are enjoyable. Routine also helps: get them to build their own daily routine.

8. Use my Table of Wellbeing

The four legs are: food and water, exercise, sleep and relaxation. They are things we can control and hugely help wellbeing. Good wellbeing reduces anxiety.

9. Build a strong wind-down routine for sleep

Anxiety wrecks sleep but there's so much we can do to minimize the problem. See my website, book and forthcoming webinar on the topic of sleep but the winding-down routine is key.

10. Encourage physical activity

It has an instant effect by taking the mind off anxiety but it also has a prolonged effect, raising self-esteem and physical and mental health. No need to be sporty – just move your body!

More in my books, talks and website: www.nicolamorgan.com