

# Supporting an Anxious Teen

[EN-GB, EN-US]

This programme has been designed for you to support your teenager, ages 12 - 18, in dealing with worry and anxiety, while learning helpful strategies to tackle your own anxiety. The programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling your teen to identify their anxiety, and to apply their skills in anxiety-provoking situations.

## Skills & Strategies

You will gain an understanding of how anxiety affects your teenager, the anxiety cycle, and strategies to help your teen manage and alleviate these feelings and behaviours. The programme will encourage you to focus on the positive aspects of anxiety, and to normalize anxiety in conversations with your teen.

## Positive Communication

Through positive communication techniques, you will learn proactive problem-solving strategies, and better ways to communicate with your teen. You will be able to use these skills to help them develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.

## Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem and proactive problem solving. You and your teen will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercise techniques.



## Proven Tools

Relaxation Activities

Body Map Exercise

Family Problem Solving Tools

Quizzes

CBT Cycle

Breathing Exercise

Interactive Tools

Muscle Relaxation

Building Self-Esteem Activity

Facing Fears Ladder

5 Senses Relaxation Activity

## Modules

Parenting an Anxious Teen

Parenting Positively

Changing Anxiety

Problem Solving

Changing Thoughts

Facing Fears

Creating a Plan

Going Forward

Talk to us today

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