

Supporting an Anxious Teen

[EN-GB, EN-US]

This programme has been designed for caregivers of teenagers, ages 12 - 18, who are looking to support a teen dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

This programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psycho-education, relaxation and gradual exposure, with the aim of enabling the teen to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

Caregivers will gain an understanding of how anxiety affects teenagers, the anxiety cycle, and strategies to help manage and alleviate these feelings and behaviours. The programme will encourage caregivers to focus on the positive aspects of anxiety, and to normalise anxiety in conversations with teens.



Positive Communication

Caregivers will gain an understanding of how anxiety affects teenagers, the anxiety cycle, and strategies to help manage and alleviate these feelings and behaviours. The programme will encourage caregivers to focus on the positive aspects of anxiety, and to normalize anxiety in conversations with teens.



Forging Ahead

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



Modules

Parenting an Anxious Teen ● Parenting Positively ●
 Changing Anxiety ● Problem Solving ● Changing Thoughts ●
 Facing Fears ● Creating a Plan ● Going Forward



Proven Tools

Relaxation Activities ● Quizzes ● Body Map Exercise ● CBT Cycle ●
 Breathing Exercise ● Family Problem Solving Tools ● 5 Senses ●
 Relaxation Activity ● Facing Fears Ladder ● Muscle Relaxation ●
 Building Self-Esteem Activity



Talk to us today

