



# Anxiety

## Worried Kids Worried About Worrying

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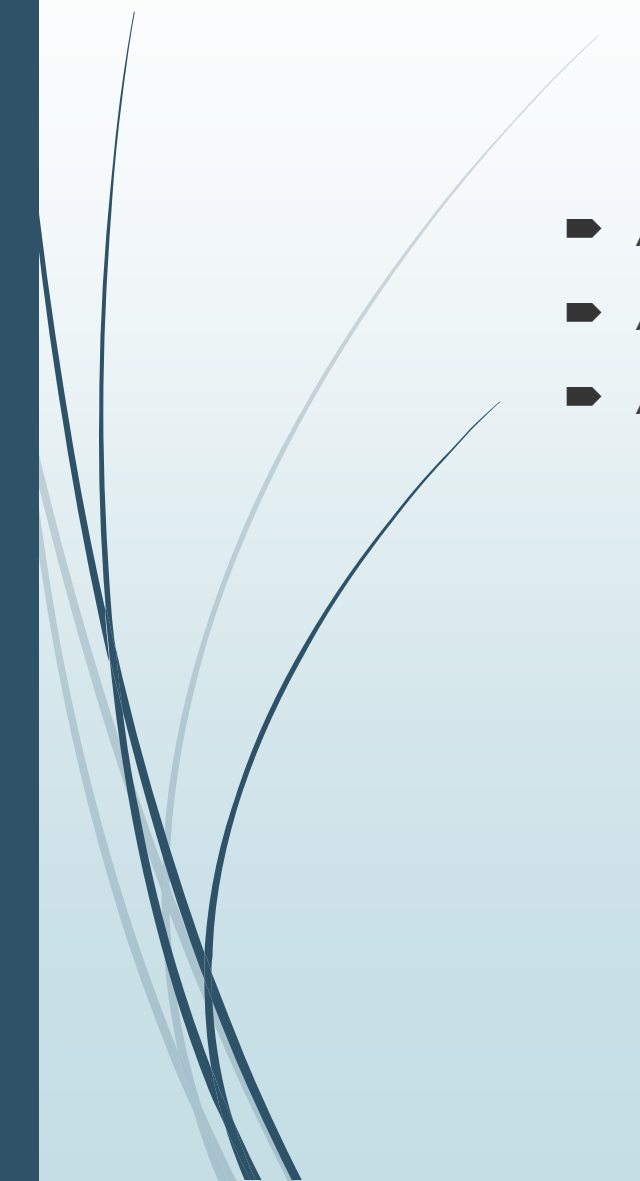


# The Gameplan

- 1) What IS Anxiety? When is it a 'disorder'?
  - 2) Where Anxiety comes from and how it presents itself
  - 3) How you can integrate treatment approaches for anxiety into your day-to-day work with kids and their caregivers.
- I hope to make this talk practical & useful so you can take away a couple new tools
  - I'm going to assume most of you aren't treating anxiety directly, but are working with kids/families who are also anxious



# What is Anxiety?

- Anxiety vs Fear
  - Anxiety is useful and adaptive... until it's not
  - Anxiety vs Anxiety Disorder
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# What is an Anxiety Disorder?

- Core Feature of Anxiety Disorders:
  - avoidance due to the anticipation of a threat
- Different Disorders centred around content of threat
  - Separation Anxiety
  - Generalized Anxiety
  - Social Anxiety
- In kids, most anxiety disorders are mixed




# How Do You Get Anxiety?

- Usually starts early
- Runs in families
- Temperament
- Family Factors
- Life Events
- Cognitive Biases




# Anxiety Presentations

- Worriers
  - Depression (HIGH rate of comorbidity)
  - Trauma
  - ADHD
- 



# Anxiety Presentations

- Aggression
  - Somatizing / Pain
  - School Avoidance
  - Anxious Kids who don't appear anxious
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# What Do You Do?

- Calm (yourself!)
- Reduce stimuli
- Give time
- Sit with them vs Give them space
- Normalize / Validate
- Help Distract





# What Do You Do?

- Label the Anxiety
- Prepare vs Rip the Bandaid Off
- Calm Before / During Stimuli
- Plan for more time
- Repeat Information

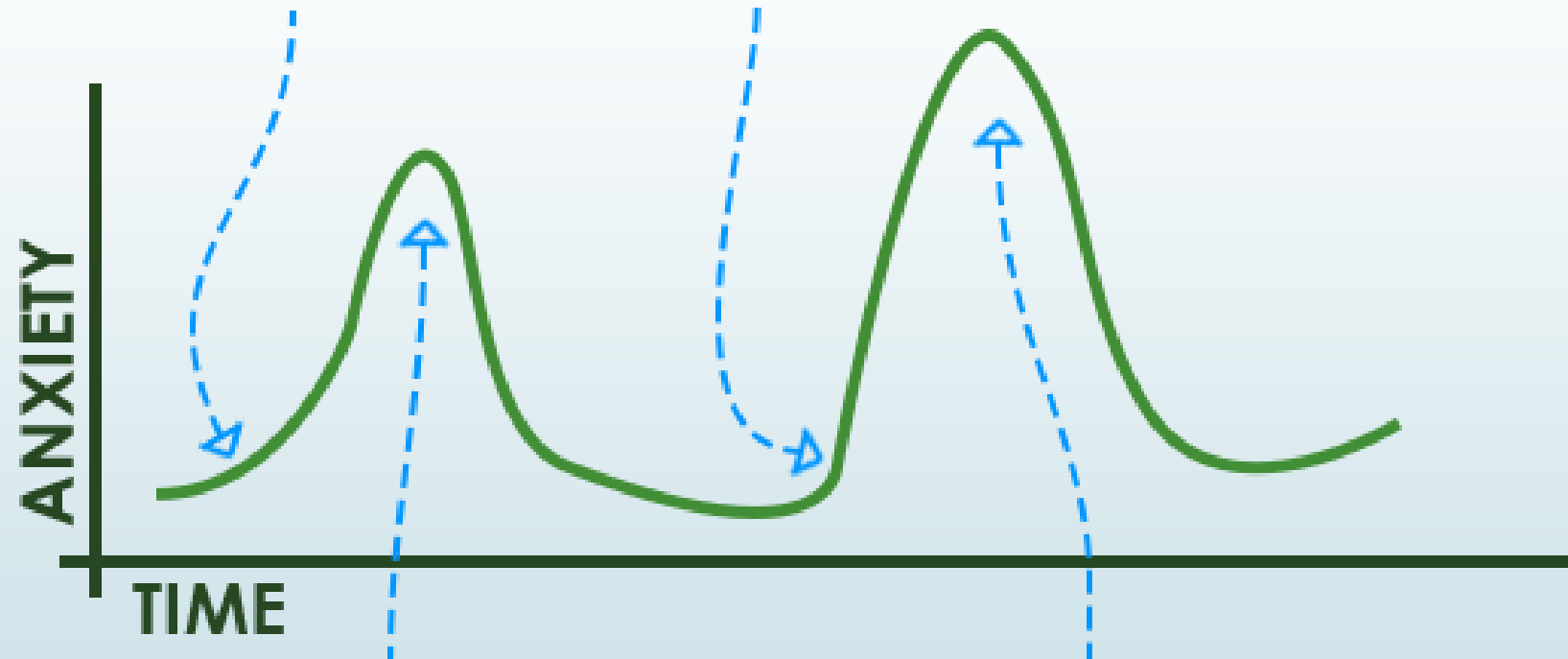


# CBT: A Couple Practical Concepts

- Exposure
  - Relaxation
  - Simple Cognitive Strategies
- 

# How Avoidance Breeds Anxiety

(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)



(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

Image credit: <http://www.therapistaid.com/therapy-guide/cbt-for-anxiety>

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# How Exposure Works

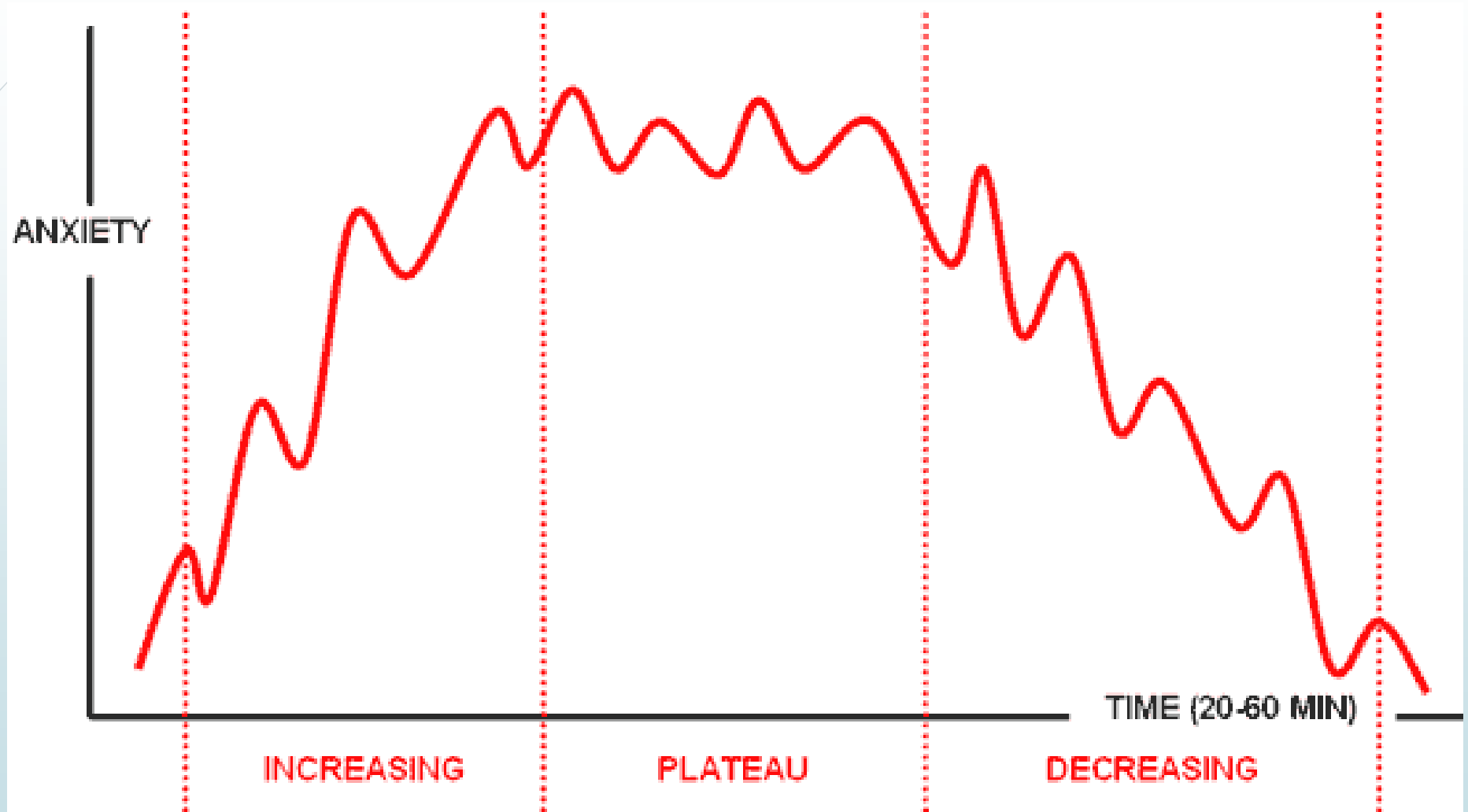


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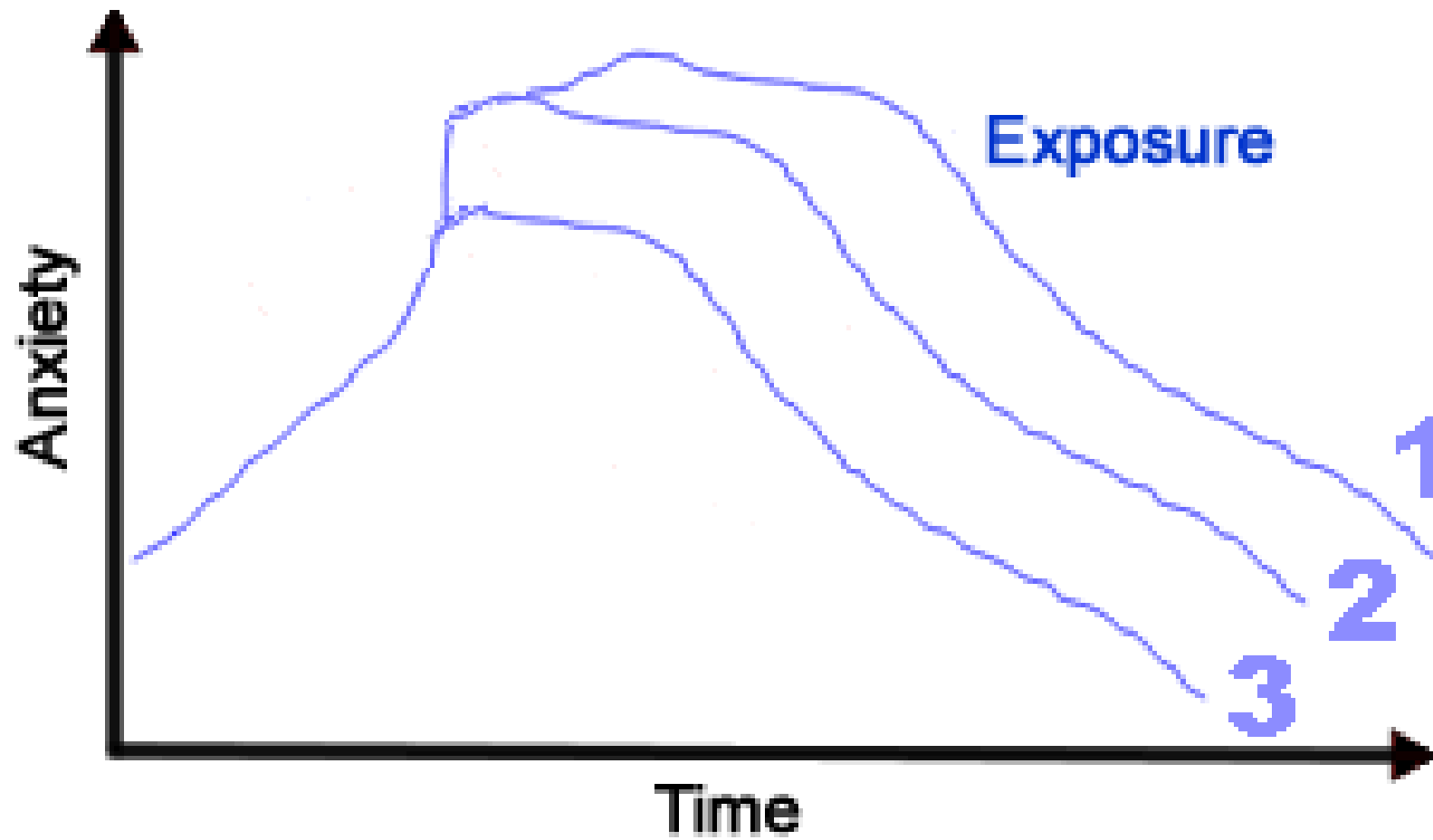


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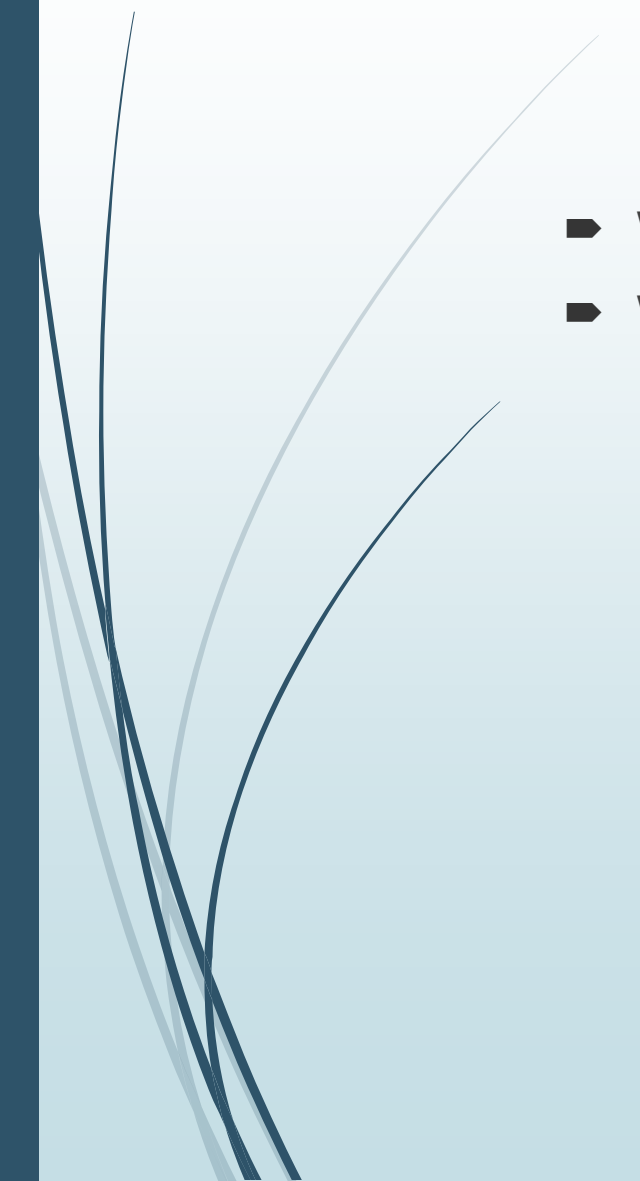
# Relaxation



- Calm Down before / during the stimuli
- Deep breathing
- Progressive muscle relaxation
- Guided mindfulness / imagery / yoga



# Cognitive Strategies

- Worry Box
  - Worry Time
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# Accessing CBT / Therapy

- Books:
  - What to Do When...
  - Mind Over Mood
  - Sitting Still Like a Frog
- Apps
  - Mindshift
  - Smiling Mind (meditation/mindfulness)
- Online
  - AnxietyBC