



# Managing Anxiety in Children and Adolescents

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

## ABOUT THIS TALK:

**Anxiety is one of the most commonly reported mental health problems.**

While worrying is a normal part of life, excessive worrying and continuous negative thoughts can lead a person to feel overwhelmed, stressed, stuck, and anxious.

Anxious children and young people report not feeling like they are in control of their negative thoughts, resulting in them feeling excessive nervousness, indecisiveness, and an inability to relax.

## ATTENDEES OF THIS TALK WILL WALK AWAY WITH:

- Understanding the difference between normal worries and clinical anxiety, as well as gain a better understanding of how anxiety presents itself in children.
- Knowing the causes of anxiety, as well as gain practical tools to assist them in supporting their children in dealing with life's stressors.