

Talking your child/teen through anxiety

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Get on their level and use a calm voice.

I'm here to support you. Let's figure out a solution.

Let's take a few deep breaths together.

Can you help me understand better? I am listening.

Where do you feel the worry in your body?

Everyone gets nervous, how can I help ease your worries?

This might be hard, but we can do hard things.

Let's create boundaries to give you space when you need.