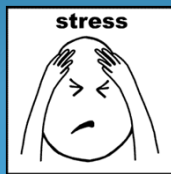


Stress and Anxiety and the Importance of Taking Time for Self and Family



What is Anxiety

- A normal human emotion that we all experience
- It is about the intensity, severity and the frequency of the anxiety that moves it to the category of a disorder.
- Early Intervention is important; coping strategies

Three tasks of childhood

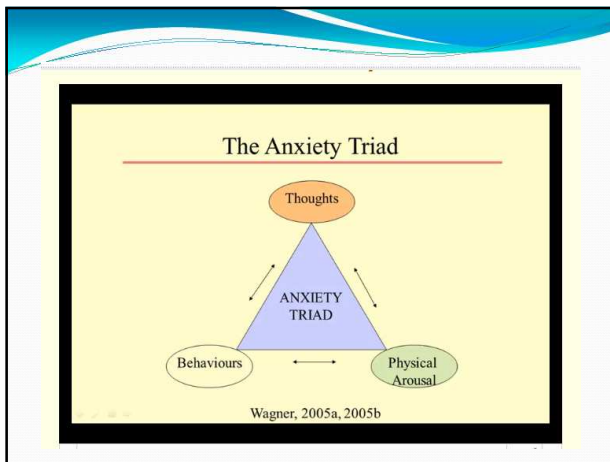


- Learn
- Make friends
- Be happy



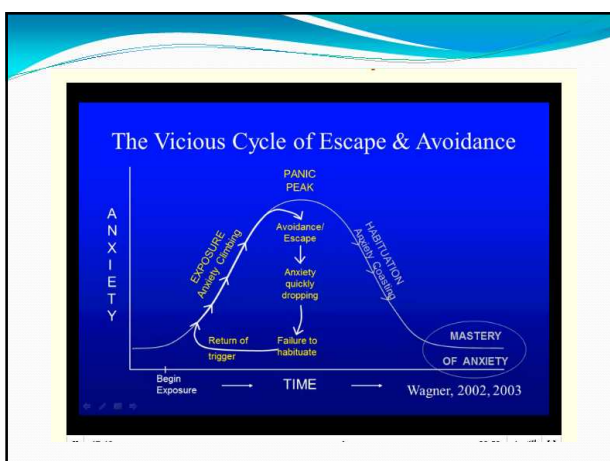
Risk Factors for Anxiety

- Genetics and temperament
- Neurobiology
- Stress
- The anxiety triad
- Parenting responses



Parent(s) and Caring Adult(s)

- Parents don't cause anxiety in their kids
- Children first learn through their eyes and ears
- Our actions and reactions to situations are being learned by the observer/listener
- Overscheduling and not scheduling in 'down time'
- Building resiliency is key



Here are two websites with some information about relaxation for kids. They include some great ideas that promote and encourage relaxation, along with some strategies that you may want to try as a family or with your child. These strategies will help to create a more relaxed home and school environment, and better prepare your child in times where they might feel a need for relaxation.

<http://kidsrelaxation.com/>
<http://www.relaxkids.com/>