


Conversations with kids




REFRAMING ANXIETY

THE UPSIDE FOR KIDS WHO WORRY


A big part of being authentic is becoming okay with all the parts of you, including feelings of worry and anxiety. Anxiety isn't bad. It's completely normal to worry, but sometimes we need to take control when it comes to worrying. Here are some ways to help your child understand why they feel anxious and reframe it into something your child will be able to lean in to:




Anxiety starts in a part of your brain called the amygdala. It is responsible for keeping you safe, but sometimes it works a little too hard. Thank your brain for working so hard to protect you but remind it that you may not need protecting for all the little things.



Anxiety often happens in the brains of kids who are very creative and empathetic - both great skills! It also means that your brain is good at coming up with stories that could happen (but probably won't). Very creative and empathetic kids sometimes need a few extra skills to feel relaxed.



Learning to handle anxious feelings can build your resilience, which helps you bounce back from challenges. This is a very important skill! Everyone faces challenges and you are getting a head start on learning how to deal with them well. All your friends will have to learn the same skills soon.



There are lots of ways to turn back on the part of your brain that keeps you feeling calm. A few things to try are belly breathing, meditations for kids, aromatherapy, mindfulness, scheduling worry times and being kind to yourself when you do feel worried.