

My Teen is Anxious, What Can I Do?

6 Things to Say to Your Teen When They Are Feeling Anxious



How can I support you?

It is important to ask your teen what they need. Sometimes, they need us to listen, help problem solve, or intervene. The key here is to create space for this dialogue.

How are you feeling about [insert subject]?

Avoid language that is labeled like, "Do you feel anxious?" Instead, pose open ended questions that allow your teen to label their own emotions.

Things can be difficult, and you can still make it through.

It is important to teach your teen about the power of "AND." A situation can be hard AND they can still be successful. Teenagers need to know that it does not have to be an either/or situation.

Let's make a plan to meet your needs.



If your teen is anxious about deadlines, help them create a schedule so they can complete their tasks. Teenagers can benefit from a digital or physical planner to help keep them organized.

It is normal to have anxious thoughts.



Your teen might feel like the only one who is going through a tough time. Seeking help and support is important and okay! Help your teen identify places and people where they feel safe.

It sounds like you are upset, and I can understand why.

Validate the emotion. It is important for teens to feel seen and heard. Recognizing and communicating the emotion can help the co-regulation process. Avoid comments like, "That is not a big deal."

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Created by Haley Brown