



# Small worries to BIG anxiety: Supporting teens through big and small challenges

Dr. Beth Trammell, PhD, HSPP

Director, MA in Mental Health Counseling

Associate Professor of Psychology

Indiana University East

1




Two-part series  
Today,  
next week

## ■ Today

- Common anxiety triggers, responses
- Stress versus anxiety
- Logical vs Emotional
- The anxiety train
- Things to say, things not to say
- When to ask for help.

2



Two-part series  
Today,  
next week

- **Next week. INVITE a friend!**
  - WORKSHOP style ☺
    - Breathing.
    - Journaling
    - Gratitude
    - Routine building
    - Making sure they have enough space for joy
    - Requiring meditation, yoga,
    - Friendships - the good and bad
    - Mentoring, more than monitoring technology
    - Discipline and punishment is about teaching, not making it "hurt"

3



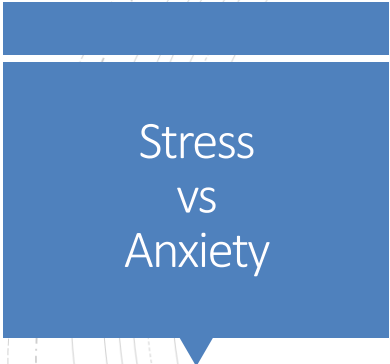
Just a bit  
about me



- Director, MA in MHC, Associate Professor of Psychology at IU East – GO RED WOLVES!
- Creator, [makewordsmatterforgood.com](http://makewordsmatterforgood.com)
- Creator, *Kids These Days... Tools for supporting children's mental health* PODCAST
- Trainer, growth promotor of all things adult-child relationship and decreasing frustration of grown ups so they can make healthy decisions with kids!



4



Stress  
vs  
Anxiety

- **Stress**
  - A sense or feeling of pressure, need for action or release
  - Can be good, or too much
  - Generally situational
- **Anxiety**
  - A sense or feeling of fear or worry
  - Can be neutral, or very intense
  - Almost always emotional/illogical (More about this later!)

5

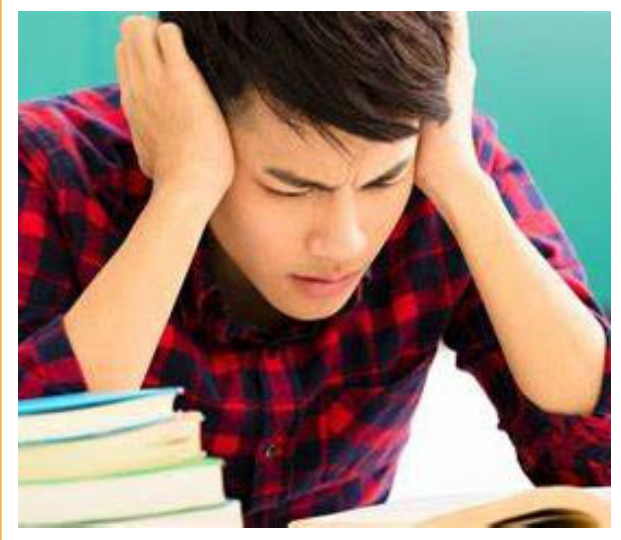


Big and Small triggers for  
stress or anxiety

What makes your teen  
stressed or anxious?



6



Big and Small responses to that stress or anxiety

How does your teen act when they are stressed or anxious?

7



The ILLOGICAL anxiety

And the Anxiety

AND I LIVE IN A VAN DOWN BY THE RIVER.

8



**What to say & not to say**

**SAY THIS... I AM HERE AND THIS MATTERS TO ME AND YOU ARE NOT ALONE**

- "Okay. I am hearing what you are saying."
- "Let's take a breath together."
- "Wow. This sounds like a hard situation. Let's recap for a minute."
- "How about we talk this out just a little bit more."
- "I can tell how much this matters to you. Let me make sure I understand everything that is going on."


**NOT THIS... ANYTHING THAT MINIMIZES THEIR FEELINGS/EXPERIENCE OR FIXES IT IMMEDIATELY.**

- "Calm down!"
- "This isn't a big deal. Why are you freaking out?"
- "Why don't you just...?"
- "You are such a mess right now."
- "OMGSH. I can't believe you are making this into such a big deal!"



9

**When to ask for help**



10