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

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.

Two-part series Today, next week
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”

Just a bit about me

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

Big and Small triggers for stress or anxiety
What makes your teen stressed or anxious?
Big and Small responses to that stress or anxiety

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

The ILLOGICAL aspect of anxiety
And the Anxiety train.

AND I LIVE IN A VAN DOWN BY THE RIVER.
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!”

When to ask for help