# Anxiety Management Tools

A RESOURCE LIST FOR CHILDREN, TEENS, & FAMILIES

## Books

### CHILDREN
- **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**
  by Dawn Huebner
- **Please Explain Anxiety to Me! Simple Biology and Solutions For Children & Parents**
  by Laurie & Jordan Zelinger
- **Don’t Feed the Worry Bug**
  by Andi Green
- **What to Do When You’re Scared & Worried: A Guide for Kids**
  by James J. Crist

### TEENS
- **Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, School, & Everywhere Else**
  by Christopher Willard
- **The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, & Panic**
  by Jennifer Shannon & Doug Shannon
- **Anxiety Sucks! A Teen Survival Guide**
  by Natasha Daniels

### PARENTS
- **If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents**
  by Edna B. Foa
- **Helping Your Anxious Child: A Step-by-Step Guide for Parents**
  by Ronald Rapee and Ann Wignall
- **The Anxiety Cure for Kids: A Guide for Parents & Children**
  by Elizabeth DuPont Spencer and Robert L. DuPont
- **Why Smart Kids Worry and Parents Can Do to Help**
  by Allison Edwards, LPC

## Music / Audio

### CHILDREN
- **I Can Relax! (Progressive Muscle Relaxation for Children)**
  by Donna B. Pincus, PhD
- **Meditations for Kids**
  by Sada
- **Relaxation & Self-Regulation Techniques for Children & Teens**
  by Mary Karapetian Alvord

### TEENS
- **Guided Relaxation for Teenagers**
  By Edna Reinhardt
- **Stress Management for Teens: Guided Relaxation**
  by Mellissa Dormoy
- **Meditation for Teens: Stress Relief, Study Skills, & Gratitude**
  by Alison Nancye

### ADULTS
- **Written on Clouds: Bilateral Music**
  by Alternating Sounds
- **brainspotting: BioLateral Sound Healing**
  by David Grand, PhD
- **Progressive Muscle Relaxation**
  by Beth Salcedo, MD
# Anxiety Management Tools

## A RESOURCE LIST FOR CHILDREN, TEENS, & FAMILIES

### Smart Device Apps

<table>
<thead>
<tr>
<th>App</th>
<th>Description</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headspace</td>
<td></td>
<td>Ages 6+</td>
</tr>
<tr>
<td>Calm</td>
<td></td>
<td>Teens &amp; Adults</td>
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<tr>
<td>Stop, Breathe, &amp; Think</td>
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<td>Kids &amp; Adults</td>
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<tr>
<td>Happify</td>
<td></td>
<td>Teens &amp; Adults</td>
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<tr>
<td>MoodNotes</td>
<td></td>
<td>Teens &amp; Adults</td>
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<tr>
<td>Breathwrk</td>
<td></td>
<td>Ages 4+</td>
</tr>
<tr>
<td>Breathe, Think, Do</td>
<td></td>
<td>Kids</td>
</tr>
<tr>
<td>Sand Draw</td>
<td></td>
<td>Kids &amp; Adults</td>
</tr>
</tbody>
</table>

### Websites

- **Anxiety & Depression Association of America**
  www.adaa.org
- **Worry Wise Kids**
  www.worrywisekids.org
- **Child Mind Institute**
  childmind.org
- **The American Academy of Child and Adolescent Psychiatry: Anxiety Disorders Resource Center**
  www.aacap.org

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These materials are for informational purposes only and are not to be considered or used as a substitute for professional, medical or mental health advice, diagnosis or treatment.
What Does Anxiety Look Like?

COMMON SIGNS OF ANXIETY IN ADULTS & CHILDREN

It is important to remember that anxiety can look different in each child/person. As adults work toward regulating children, it is important for them to name their own anxiety in order to normalize the feeling and model effective coping strategies. Below are some common signs of anxiety in adults & children:

HYPERAROUSAL SIGNS (THINK FIGHT OR FLIGHT RESPONSE)

- Tension
- Shaking
- Heart Racing
- Irritability
- Impulsivity
- Emotional Reactivity
- Defensiveness
- Talking Back
- Excessive Motor Activity
- Overwhelming Others
- Helplessness
- Lack of Energy
- Foggy Thinking
- hopelessness
- Fatigue
- Feeling “Numb”
- Automatic Obedience

HYPOAROUSAL SIGNS (THINK COLLAPSE/SHUT DOWN RESPONSE)
Activities to Reduce Anxiety
REGULATING THE MIND AND BODY THROUGH MOVEMENT & ENGAGEMENT

STRATEGIES FOR DECREASING HYPERAROUSAL
- Drinking from a straw
- Comfort food: eating something chewy/smooth
- Sipping warm water
- Heavy work (moving, filling, pushing, sorting, etc.)
- Calming music
- Moving through extra energy (could you have a dance party?)
- Create the coolest foot shake (instead of it being a handshake?)
- Breathing Activities (“Good Morning Yoga or Good Night Yoga” by Mariam Gates on YouTube)
- Weighted blanket (approximately 10% of child’s body weight)
- Jumping, Skipping, or Hopping

STRATEGIES FOR INCREASING AROUSAL WHEN IN HYPOAROUSAL
- Chew crunchy food (make a trail mix, or party mix)
- Stimulate senses (Do a tour around your house using each sense. First tour use sight, second touch, third smell, fourth hearing and fifth taste)
- Blow water with straw
- Dance
- Gentle slow movement
- Finger paint
Promoting Regulation at Home

HOW PARENTS CAN HELP THEIR CHILDREN DURING TIMES OF UNCERTAINTY

We can help our children cope with change and uncertainty by addressing the topics of concern and creating structure at home. Here are some things to consider as you determine the appropriate routine for your family during this extended break from school:

- Remember to use simple, clear language
- What is asked/expected from your child regarding spring break schedule?
- Do you have certain time children required to be awake by?
- Will you encourage a quiet period with no access to screens?
- Would you like your children to have a spring break bedtime?
- Remember that some children need to know approximate mealtimes to reduce worry they may be feeling by this abrupt change in schedule.
- What do you envision spring break looking like for your family?
- If your child(ren) were signed up for a spring break activity, has it been canceled or postponed?
- Who will be home with your child(ren)?
- If your position has now become a work from home position, what do you need from your children to help you carry out your responsibilities?
Balancing Screen Time Usage

Managing Anxiety by Promoting Consistency, Structure, & Routine

Many children seem to believe that extended school break means endless access to screen time. It is important to begin with setting attainable boundaries around screen time to prevent exposure to news that is not age appropriate and raising anxiety/depression symptoms. Below are a few suggestions around screen time use:

**The American Academy of Pediatrics’ Recommended Daily Screen Time Usage**

**Ages 0-18 months:**
Limit screen time use to facetime/skype sessions.

**Ages 18-24 months:**
High-quality media with parent/guardian interaction to explore the content.

**Ages 2-5 years old:**
Limit of one (1) hour per day of high-quality media.

**Ages 6+ years old:**
Maximum 2 hours per day of screen-time use.

Recent reports show that kids ages 11-14 spend an average of 9 hours per day in front of screens. This is more than 4x the recommended usage time!

**Screen-Free Activity Ideas**

- Read to an animal
- Read to your favorite toy
- Create a fort
- Play stuffed animal hide and seek
- Create a time-capsule
- Build your favorite city out of Legos
- Build a maze with Legos
- Make up tongue twisters
- Flashlight puppets
- Create your own at-home restaurant
- Write down summer goals
- Hula Hoop or Jump Rope
- Learn a magic trick
- Play a card game
- Memorize a positive poem, or book.
- Create an obstacle course
- Write letters to family & friends
- Make a bird feeder
- Create sock puppets
- Create a family bucket list
- Make homemade playdough
- Create friendship bracelets
- Create a hotwheels track
- Go on a walk
- Pick your neighbors weeds
- Create sensory bins
Children respond best to consistency and knowing what to expect next. Your family's routine can be simple (written, verbalized, or even displayed using pictures). **Remember:** **predictability is what children need most in order to manage their anxiety and behavior.**

Below is a sample schedule that can be modified to fit your family's needs:

**Morning Routine**
- Breakfast
- Reading
- Household responsibility
- 1-2 short shows (max: 45 minutes to 1 hour)
- Outdoor play time
- Board game with siblings

**Mid-Day Routine**
- Lunch
- Reading
- Household responsibility
- 30 minutes of video game or computer activity
- 1 short show
- Outdoor play time, walk or exercise
- 1-2 hour household quiet time, no screen

**Afternoon Routine**
- Snack
- Mealtime prep for evening
- Afternoon project: reading, crafts, independent game, or group game

**Evening Routine**
- Dinner
- Family show/movie
- Shower/ Bath (Recommended 2 hours before bedtime)
- Bedtime, no later than 1 hour later than school bedtime.
# Age Appropriate Chores

**Suggestions to Help Your Child Feel Included in Family Responsibilities**

<table>
<thead>
<tr>
<th>Ages 2-3</th>
<th>Ages 4-5</th>
<th>Ages 6-7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put toys in box</td>
<td>Get Dressed</td>
<td>Set the table</td>
</tr>
<tr>
<td>Stack books on shelf</td>
<td>Feed Pets</td>
<td>Make a salad</td>
</tr>
<tr>
<td>Place dirty clothes in the hamper</td>
<td>Wipe up spills</td>
<td>Match clean socks</td>
</tr>
<tr>
<td>Throw away trash</td>
<td>Put away toys</td>
<td>Fold towels</td>
</tr>
<tr>
<td>Fold washcloths</td>
<td>Pick up bedroom</td>
<td>Put away groceries</td>
</tr>
<tr>
<td>Water Plants</td>
<td>Help make the bed</td>
<td>Bring in mail</td>
</tr>
<tr>
<td>Hang up jackets</td>
<td>Prepare simple snacks</td>
<td>Make their bed</td>
</tr>
<tr>
<td></td>
<td>Empty bathroom trash</td>
<td>Hang up jackets</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ages 8-9</th>
<th>Ages 10-11</th>
<th>Ages 12+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dust furniture</td>
<td>Prepare simple meals</td>
<td>Any Previous chores</td>
</tr>
<tr>
<td>Sort laundry</td>
<td>Take garbage out to trashcan</td>
<td>Rake and bags leaves</td>
</tr>
<tr>
<td>Unload dishwasher</td>
<td>Put away laundry</td>
<td>Mow yard</td>
</tr>
<tr>
<td>Walk dog</td>
<td>Clean bathrooms</td>
<td>Clean the bathroom</td>
</tr>
<tr>
<td>Take trashcan to curb</td>
<td>Wash/dry the dishes</td>
<td>Pack school lunches</td>
</tr>
<tr>
<td>Sweep the porch</td>
<td>Load /unload dishwasher</td>
<td>Wash and fold laundry</td>
</tr>
<tr>
<td>Tidy bedroom</td>
<td>Vacuum</td>
<td>Supervise younger</td>
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<tr>
<td></td>
<td></td>
<td>children's chores</td>
</tr>
</tbody>
</table>
Additional Talking Points

REDACTING ANXIETY THROUGH CALM & HONEST COMMUNICATION

Dr. Caelan Soma from Starr Commonwealth recently shared ways to support children/teens as we navigate COVID-19:

The most important thing a parent/adult can do is to remain calm themselves. Children will mirror the reactions of adults. So, pay attention to what you say and do! They will pick up on changes in your tone of voice and non-verbal body language.

Answer their questions (even if they are repetitive and don’t make sense to you). Answer in a way that is direct and calm.

Give children the facts in a developmentally appropriate way. If you do not, they will imagine something on their own that may be far worse as to what the crisis really is.

Try not to engage in gossip or conversations sparked from social media panic.

During a pandemic, remember these responses:
- “Yes, we do need to be careful about washing our hands and staying away from others who may be sick.”
- “The likelihood of one of us getting the virus is not high – but if we do, doctors will take care of us.”
- “It is very rare to die from the COVID-19 virus unless you are very old or already very sick.”
- “It is okay and normal to be worried, scared about this—of course you are. We all are, and that is why we are doing everything we can to keep you safe.”

Above all else, this is an opportunity for lots of quality time. Make new connections with your children or students (if possible).

Play! Lighten up expectations (behavior, communication, academics, etc.) when children are worried or scared.
Free Educational Resources

Education Companies Offering Free Subscriptions due to School Closings:
http://www.amazingeducationalresources.com/

Free Resources for Children

Below are links to some free resources for helping you talk to your children regarding Covid-19.

#COVIBOOK
www.bit.ly/2xMB3Tm
This short book is intended to support and reassure children, under the age of 7, regarding the COVID-19. This book provides an invitation for families to discuss the full range of emotions arising from the current situation.

BrainPop STEM Studies Videos: Understanding the Coronavirus
www.bit.ly/2TvUyfQ
A short video about the coronavirus - geared toward school-aged children

Talking to Kids About the Coronavirus: Counselor Keri
www.bit.ly/2xT2jNE
15 things we can do when talking to our children about the Coronavirus