

Supporting your anxious teenager

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Structure of the talk:

- ▶ Understanding teen development
- ▶ How is the mental health of our young people?
- ▶ Teens and anxiety - understanding how stress impacts the teenage brain & body
- ▶ Spotting the signs of social anxiety
- ▶ How phones & social media impact our teenagers
- ▶ Tips for dealing with anxiety in teenagers
- ▶ How our parenting needs to change
- ▶ Learning to dance in the rain
- ▶ Book recommendations
- ▶ Q&A



Teenage development

Psychological shifts



The diagram consists of two identical rectangular boxes positioned side-by-side. Each box has a light green background and a thin green border. The word 'Independence' is centered in the left box, and the word 'Identity' is centered in the right box. The boxes are set against a white background with abstract green geometric shapes on the right side.

Independence

Identity

Teenage brain

Impulse control

Emotions

Empathy

Making judgements

Decision making

Planning

Teenagers, mental health & the pandemic

One of the
worst hit groups

Missed out on
key activities &
milestones

75% of young
people had
negative impact

Demand for
CAMHS up 33%

15,000 scripts
for
antidepressants

Significant
depressive
symptoms

Teens & anxiety

Our body's internal alarm (good)

The stress response

Amygdala switches on

Body reacts to flee

A doer & not a thinker

Fire or burnt toast?

Anxiety in your body

Fast heartbeat

Hard to breathe

Sweating

Tension in muscles

Upset stomach or feeling nauseous

Needing the bathroom

Dry mouth


Trembling

Dizziness or lightheadedness

Feeling that your mind has gone blank



Social anxiety

- ▶ Fear of being scrutinized or judged in social situations
 - ▶ Long-lasting & overwhelming
 - ▶ Heightened sense of being watched
 - ▶ Self-esteem plummets, especially for girls
 - ▶ Fear can lead to avoidance
 - ▶ Most common anxiety disorder
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Phones & screen time





Too much screen time?

- Difficulty regulating emotions
- Poor self-esteem
- Poor social skills
- Addiction to screens or social media sites
- Increased impulsivity
- Disrupted sleep
- Less movement or fitness
- Poor diet
- Headaches
- Cognitive issues

What to do?

Start rules
early

No screens
in bedrooms
or kitchen

Boundaries

Parental
controls

Encourage
other
activities

Access
passwords

Small
changes to
start



Connection

Validate



Breathe



Don't get lost in
why





Try not to
avoid things

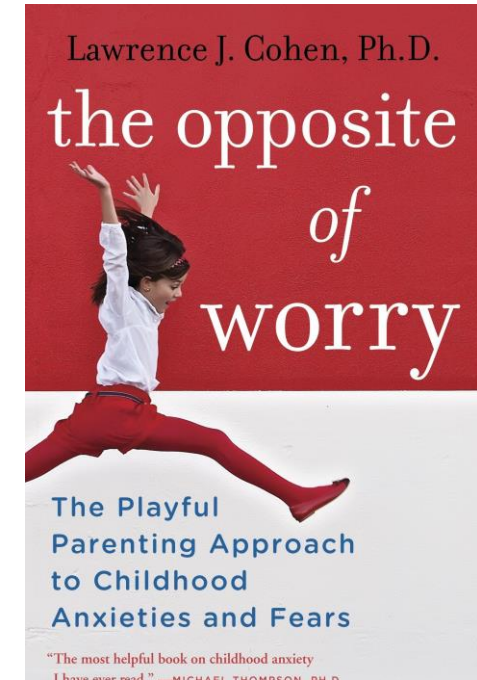
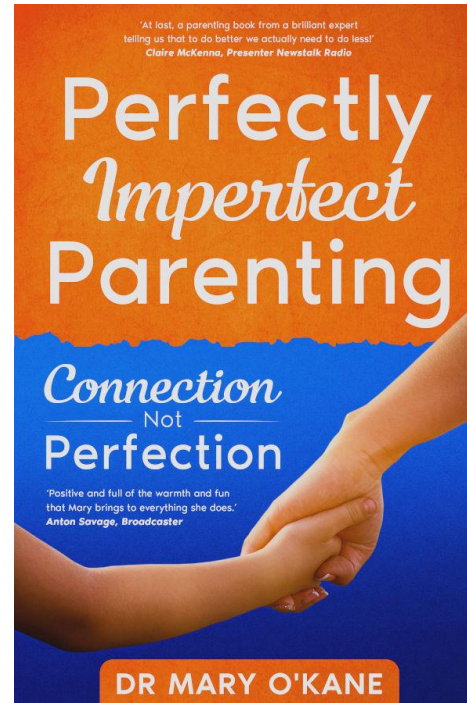
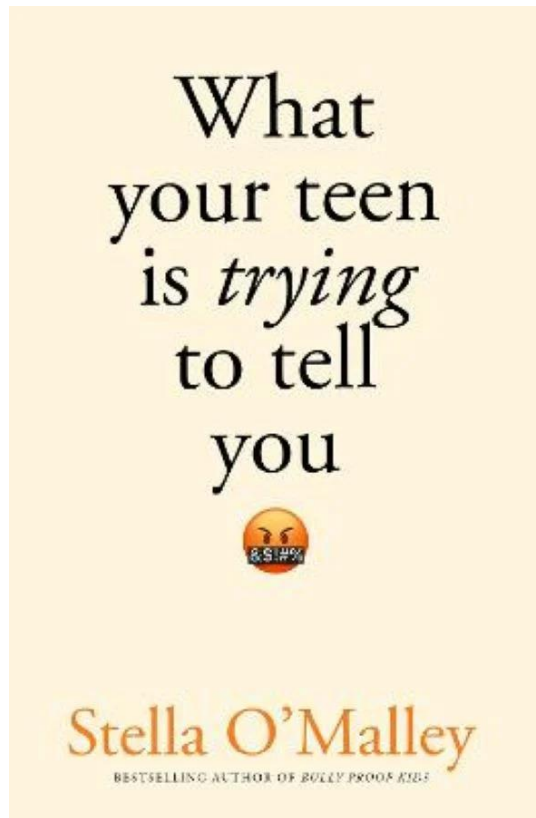


Shift from Guard to Coach

COACH



Life
isn't about waiting
for the storm
to pass...
It's about
learning to
dance in the rain.
- Vivian Greene



Book recommendations

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