

# 4 At-Home Ways to Support Your Child's Anxiety



## Understanding the Facts

**One in seven** 10-19-year-olds worldwide experience mental health conditions with depression, anxiety and behavioral disorders among the leading causes of illness and disability among adolescents. Don't be afraid to reach out to school counselors, resource officers or mental health professionals to find resources to support your children.

1

## Listen When Children Talk

Listen to your child and pay attention to their feelings. Being able to recognize and validate those different emotions can help your child feel heard and comfortable expressing feelings.



2

## Stay Calm

When your child begins to show signs of anxiety, remember to stay calm. Instead of reacting to your child's anxious behavior, try talking the uncomfortable situation through with them to relive anxiety.



3

## Praise Small Wins

Recognize and praise your child's small accomplishments. Acknowledging these accomplishments can provide positive feedback and encouragement, while decreasing anxious behavior.



4

## Model Healthy Coping Skills

Children learn to deal with emotions from watching others. Make sure you are modeling healthy coping skills like coloring or deep breathing, to prevent longterm mental health challenges and help your child manage their emotions in a healthy way.



Learn more about [Children](#) and anxiety and depression.

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