



Managing Teen Stress & Anxiety

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LICENSED CLINICAL PSYCHOLOGIST

Credentials

- o 32 Years in Mental Health Field
- o 22 Years in Private Practice with Children, Adolescents, Families, Adults
- o 23 Years as a Parent
- o 2 Successful High School Graduates
- o 1 College Graduate, Gainfully Employed, Living in Downtown Apt!
- o 1 College Student – Estimated Graduation and Gainful Employment: 2020

Why are we here?

Your teen is now in High School
 You thought in Kindergarten that you had lots of time
 You promised yourself you would get them ready
 You now realize you have 1.5 to 3.5 years left
 They aren't ready
 You aren't ready
 Time is up!
 OMG!

Stress/Anxiety = FEAR

Stress/Anxiety caused by:

- The Unknown
- Anticipation of Negatives
- Lack of Control
- Perfectionism (Only One Acceptable Outcome!)

Stress/Anxiety Causes:

- o Physical Responses (Fight or Flight, Changes in Sleep, Appetite, GI Issues, Decreased Immunity)
- o Behavioral Responses (Anger, Acting Out, Avoidant, Agitated, Substance Use)
- o Changes in Thinking (Catastrophic, Negative Expectations, All or Nothing Thinking)

Triggers for Teens:

- o Peer/Social Pressure
- o School/Academic Demands
- o Unrealistic Expectations of Self
- o Unplanned Life Events
- o Over commitment
- o Comparisons with Sibs/Peers

Triggers for Parents:

- o OMG! My kid is not ready!
- o OMG! I am not ready!
- o OMG! They are going to move out!
- o OMG! They are never going to leave....!
- o My Kid is not interested hearing all of my wisdom and learning all skills I want to teach them!

What Teens Can Do: (Environmental/Behavior)

- o Develop Organization
- o Control Schedule
- o Learn Focus on Effort not Outcomes
- o Confidence Building Opportunities

What Teens Can Do: (Personal)

- o Sleep/Diet/Exercise
- o Relaxation/Mindfulness/Meditation/Yoga
- o Cognitive/Self-Talk (Inner Coach)

What Parents Can Do:

- o Help Teen make Tentative Future Plans
- o GET INFORMATION!!!!
- o Set Realistic Goals with your Teen
- o Talk with them about fears! Ask what they fear is going to happen. Listen
- o Note and Help Correct Beliefs/Thinking
- o Listen without judgement! Help them be less harsh on themselves....
- o Help them Problem Solve

And How Parents Can Be Most Helpful:

- MANAGE YOUR ANXIETY!!
- Be Patient
- Listen.....
- Model Coping
- Model Flexibility and Problem Solving

Books for Teens:

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic
by Michael A. Tompkins, Katherine A. Martinez, Michael Sloan

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
by Lisa M. Schab LCSW

Books for Parents:

Pressured Parents, Stressed-out Kids: Dealing With Competition While Raising a Successful Child
by Wendy S. Grolnick, Kathy Seal

Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress, and Worry
by Sheila Achar Josephs PhD

Questions?

