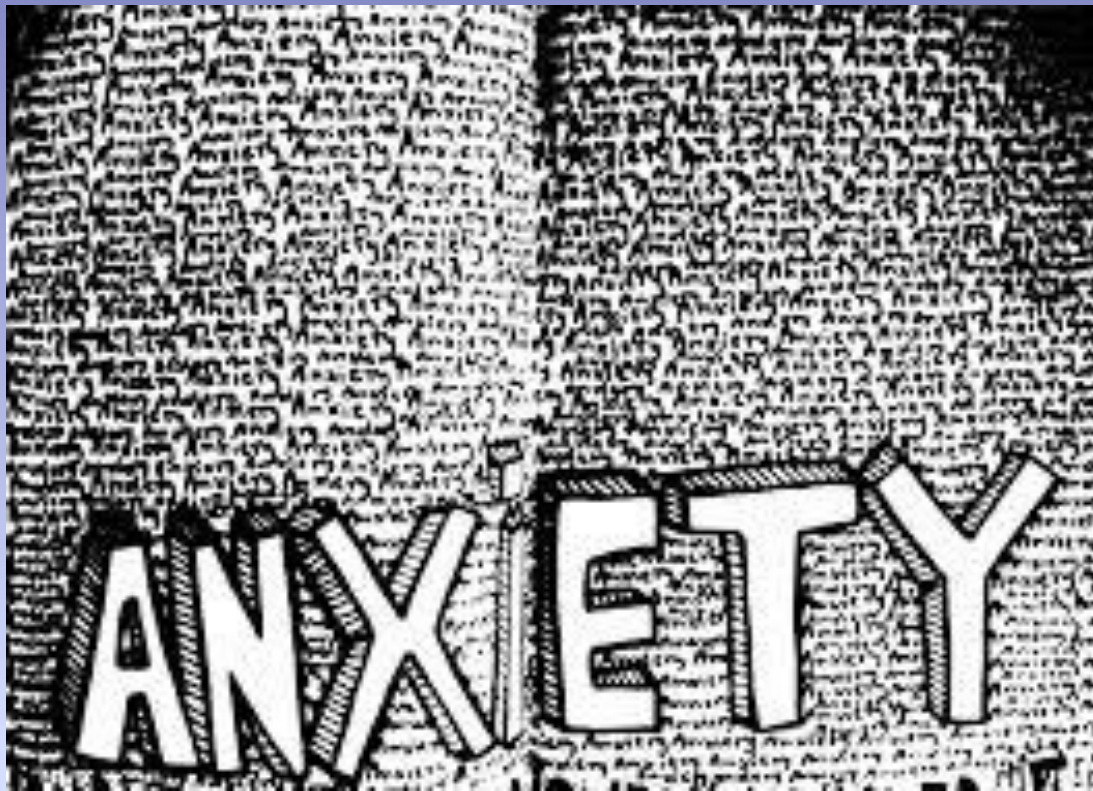


# Surviving Teen Angst

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Licensed Psychologist

Perry High School  
Gilbert, Arizona  
November 5, 2014



- a feeling of worry, nervousness, or unease, typically about an eminent event or something with an uncertain outcome.

(Google.com, 2014)

# Fight, Flight or Freeze

- Concepts originally applied to an animal's natural response to threat in their environment – *scorpion response to human threat*
- How we understand the human's natural response to stressors in their environment – *human response to scorpion threat*



(Cannon, 1929)



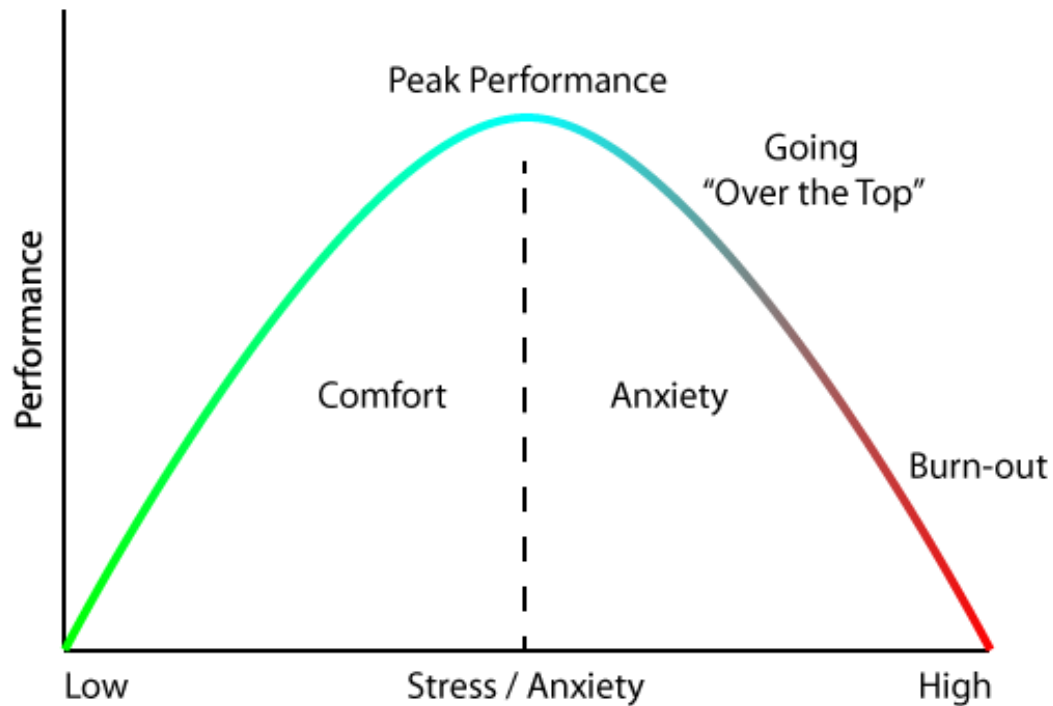


# Fight, Flight or Freeze in Teens

## Anxiety triggers for teens:

- Academic success
- Athleticism
- Bullying
- Life Changes
- Developmental Changes
- Insults
- Adults expectations
- Judgments
- Comparisons
- Punishments & rewards
- Disconnected from others
- Afraid needs won't be met

# Levels of Anxiety



(Yerkes & Dodson, 1908)

# Anxiety in Teens

## Healthy Anxiety

- Healthy/adaptive fight, flight or freeze response
- Optimal performance on desired activities
- Natural physiological responses (i.e. – perspiration, shakiness, rapid heart beat, etc.)
- Positive self-talk

## Unhealthy Anxiety

- Poor performance on desired activities
- Poor sleep
- Changes in eating patterns
- Social avoidance
- School refusal
- Homework refusal
- Panic
- Avoidance
- Drug and/or alcohol use
- Constant scheduling of activities/minimal relaxation time
- Negative self-talk



# ANXIETY GIRL!

able to jump to the worst conclusion  
in a single bound!



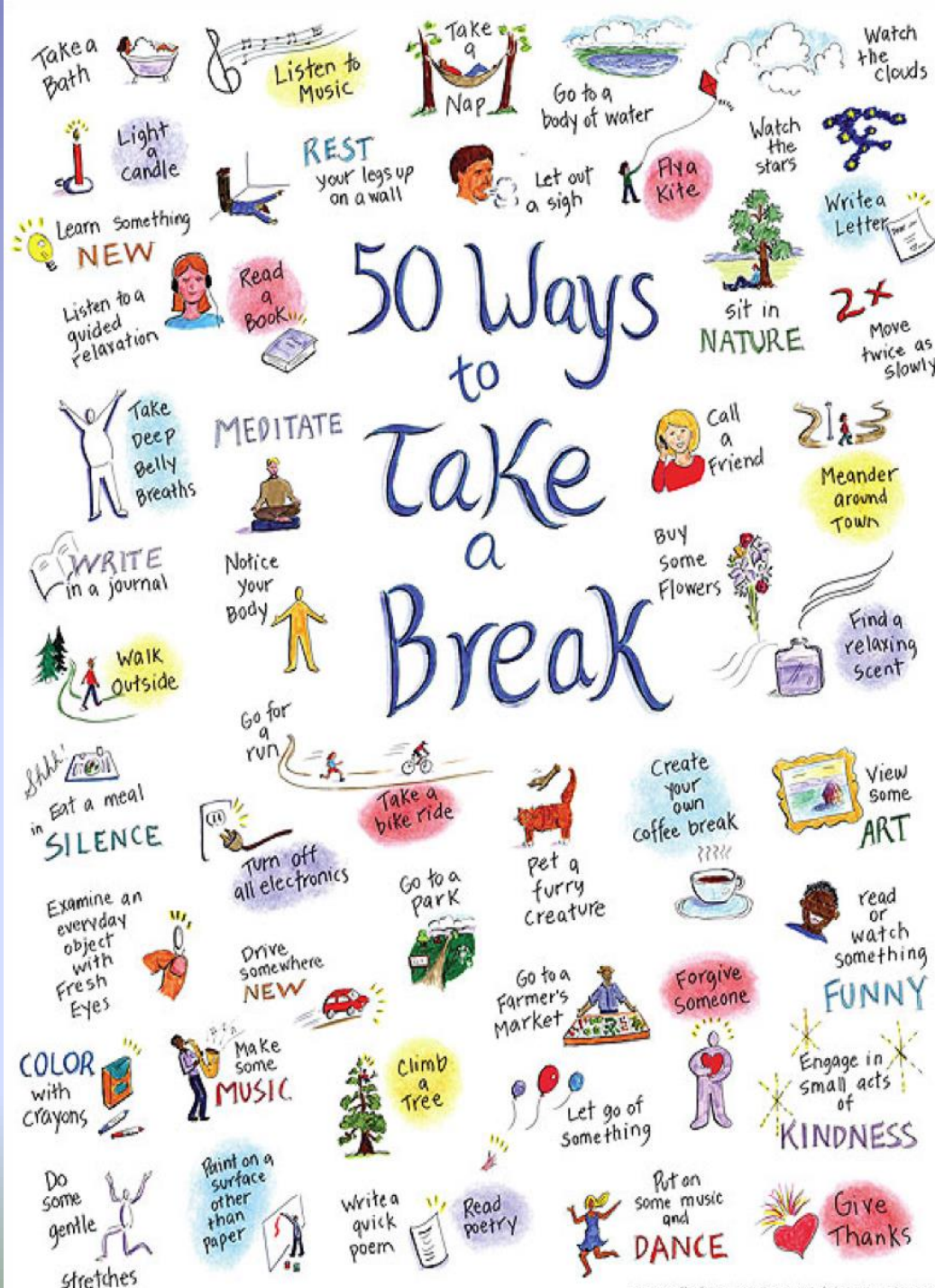
# How to Help Your Teen

- Parental modeling
  - Model the behavior you desire from your teen
    - Slow down
    - Taking deep breaths
    - Make time for yourself
    - Hobbies
    - Exercise
    - Healthy eating and sleeping habits
    - Spend time together without electronic devices

# How to Help Your Teen

- Satisfy basic human needs
  - Healthy eating and sleeping habits
  - Relaxation and recharge
    - 50 Ways to Take a Break





(Horneffer-Ginter, 2012)

I NEED A 'PARENT OF  
3 TEENS'-SIZE WINE GLASS.

STEMWARE



 CARTOONSTOCK  
.com

Search ID: jsh120705

STAHLER.  
7/5



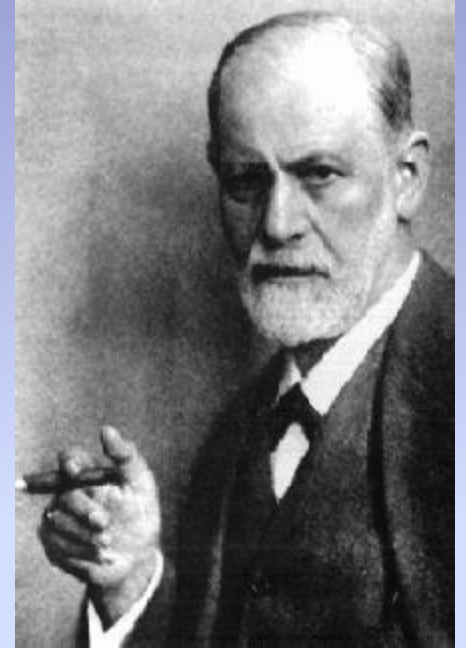
# How to Help Your Teen

- Organization
  - Planners
  - Shared calendars
- Communication
  - In-person
  - Phone
  - Via text



# How to Help Your Teen

- Family Activities and Play Time
  - Routine
  - Traditions
  - Celebrations
  - Games
  - Fun and rejuvenating
  - Scheduled family time



Sigmund Freud  
Work + Play + Love = Health

*“All work and no play makes Jack a dull boy.”*

(Proverb)



# How to Help Your Teen

## Self Esteem

People forget...

It isn't how  
other people  
see you.



It's how  
you see  
yourself.



...and that's what makes it hard...

- Self-Esteem
- Resiliency
  - 10 Traits of Emotionally Resilient People

(Waters, 2013)

NCL

NOT  
GOOD

ENGLISH

NOT  
MAST  
WRIGHT

NOT PRETTY ENOUGH

NOT  
TALENTED  
ENOUGH

NOT  
ENTERED  
ENOUGH

NOT  
SMART  
ENOUGH

NOT  
GOOD  
ENOUGH

**A W E S O M E**

*assurance*

**P O I S E**

*confidence*

*I deserve the best*

**SELF-RESPECT**

**I AM WORTH IT**



# When to Seek Outside Help

- When anxiety is out of proportion to situation and developmental level
- When school work, relationships, productivity is effected
- If teen requests help
- Changes in behavior or personality that is not an isolated incident
- Primary care physician referral, teacher or school counselor recommendation
- Teen has demonstrated self-harm
- Teen talks about suicide
- Teen talks about hurting others





# How to Seek Outside Help

- Utilize familiar resources
  - Primary care physician
  - School
  - Family, friends, colleagues
  - Community groups
- Other resources
  - Insurance company
  - Internet search engine: i.e., Psychology Today



# Professional Help for Your Teen

- Individual therapy
- Group therapy
- Family therapy
- Medication management



- These methods can be utilized independently or combined to best fit the needs of your teen.





**KEEP  
CALM  
AND  
PARENT  
ON**