

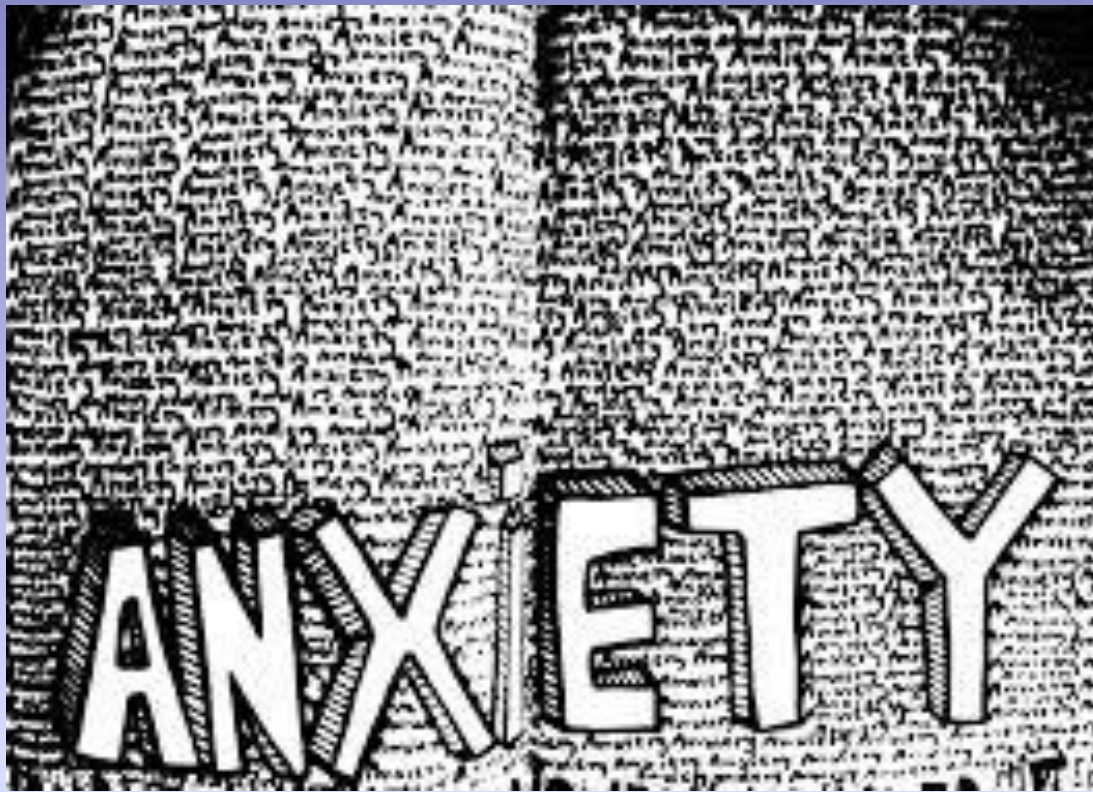
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Surviving Teen Angst

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- 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)

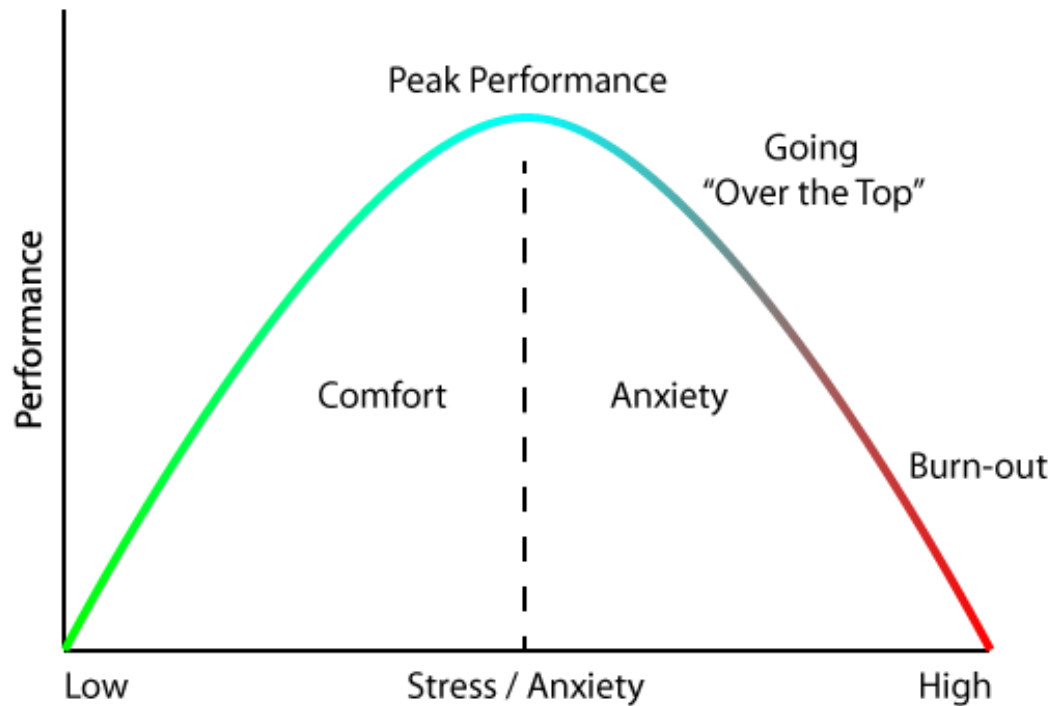


Fight, Flight or Freeze in Teens

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



50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Learn something NEW
- Listen to a guided relaxation
- Read a Book
- Write a Letter
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Notice your Body
- Call a friend
- Meander around Town
- WRITE in a journal
- Walk Outside
- Buy some Flowers
- Find a relaxing Scent
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Shhh! Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go to a Farmer's Market
- Forgive someone
- read or watch something FUNNY
- Make some MUSIC
- Climb a Tree
- Let go of something
- Engage in small acts of KINDNESS
- COLOR with Crayons
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks
- Do some gentle stretches

(Horneffer-Ginter, 2012)

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

STEMWARE



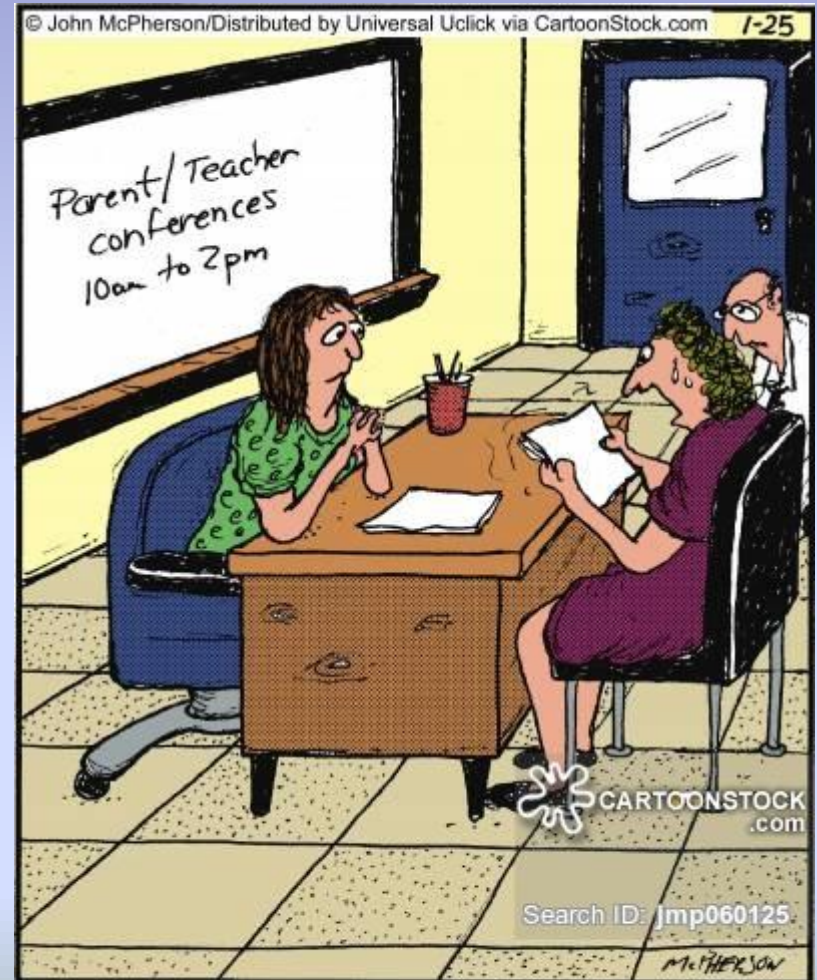
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How to Help Your Teen

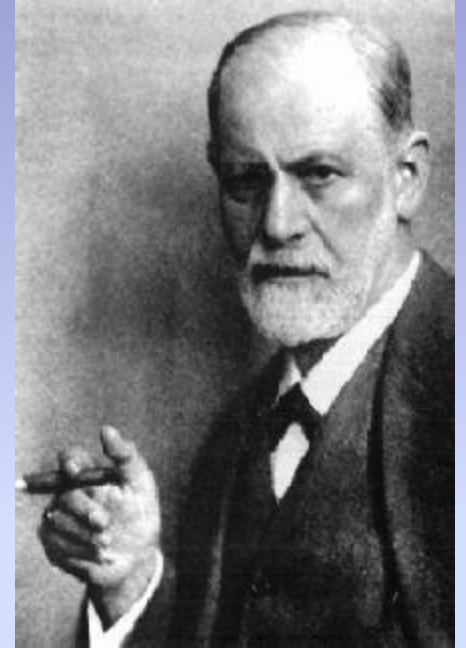
- Organization
 - Planners
 - Shared calendars
- Communication
 - In-person
 - Phone
 - Via text



"What do you mean he got a C-minus on his report! I was up all night writing that thing!"

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)

A W E S O M E

assurance

P O I S E

confidence

I deserve the best

S E L F - R E S P E C T

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**