

## When You Worry Too Much: 3 Tools for Kids to Minimize Anxiety

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Books: <https://www.dawnhuebnerphd.com/books-by-dawn/>

- [\*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety\*](#)
  - Recommended for ages 6-12
- [\*Outsmarting Worry: An Older Kid's Guide to Managing Anxiety\*](#)
  - Recommended for ages 9-13

TEDx talk: [Rethinking anxiety: learning to face fear](#)

Place for Notes (in order of video, so some things that would normally nest under an earlier topic are found later):

1. Anxiety can be good for us. It is problematic when it gets in the way.
2. It is helpful to externalize anxiety and personify it.
3. Three Main Steps
  - a. Recognition
  - b. Talking back to the worry
  - c. Challenging the worry
4. Loop – Trigger->Feel Afraid->Safety Behaviors
5. Challenging the worry/safety behaviors
  - a. Small steps – not too easy, not too hard...medium
  - b. Gradually and sequentially make the challenge more difficult
  - c. Repetition is important
    - i. See no bad outcome
    - ii. Recognize false alarm

6. When worry happens, ask yourself...
  - a. How likely is it to happen?
  - b. Am I thinking in a realistic scale or am I catastrophizing?
  - c. Can I cope?
  
7. We cannot judge the reasonable-ness of our worry by our feelings.
  - a. Is this a universal worry or my individual worry?
  - b. Function of the amygdala
  
8. Container strategy – remember to unpack it once or twice per day