

# Let's talk about anxiety

## Quick Facts:



## Anxiety Disorders:

1 out of 8 children develop an anxiety disorder

Are the most common psychiatric condition in youth

Can occur in children as young as 6 years old

Lead to significant impairment in academic, social, & family functioning

# Taming morning anxiety

## Strategies for a happier morning



### Create a happy environment for all the senses

We experience our environment through our senses, make yours a happy one!

**Auditory:** Turn off the news. Instead opt for some happy music that you can sing along with. Singing occupies the brain, and that distraction helps replace negative thoughts with happy ones. Studies also show that singing out loud together creates connection. And when we feel connected, we feel safe.

**Get Moving:** Jump on a trampoline, do jumping jacks, run in place, jog or skip to the bus stop or to school. Engaging the large muscle groups helps activate the brain. Studies show exercise to be a natural way to curb anxiety. When you pick up the pace physically, not only does your body release endorphins, the feel-good chemical, it also keep your brain occupied and helps replace negative thoughts with neutral or positive ones.

**Boost Mood:** With motivational affirmations. Come up with an empowering phrase for the day: Example: The harder we work for something, the greater we feel when we achieve it. It might be difficult, but difficult does not mean impossible.

**Repeat empowering phrases** try having your child doodle the phrase in their notebook.

**Try chewing peppermint gum:** Studies have found gum to be an effective anxiety buster. One study found that under laboratory conditions chewing gum resulted in reduced cortisol levels (cortisol is frequently called the “stress hormone”) and a reduction in overall anxiety. Choose a sugar-free and aspartame-free gum like PUR, Wild Organic Chewing Gum or Simply Gum. Fast chewing has been shown to have a more anxiety-busting effect than slow chewing.

**When your child is especially nervous or anxious:** Try rubbing the arms. Sensory stimulation on the skin can help promote a sense of calm.

# Taming evening anxiety

## Calming “Good Night” strategies

### Create a calming environment for the senses

Sleep is a big challenge for children with anxiety, so creating a calm and nurturing environment is extra important for sleep success.

### Prepare for bed time one hour ahead of time

**Auditory:** Listen to calm soothing music (no words) like Enya. Mindful Kids has many great relaxing deep sleep music collections on youtube. Nature sounds can also be very calming

**Sensory:** Bathe with Epsom salts and essential oils like lavender. Epsom salt have magnesium and magnesium has relaxing properties.

**Smells:** Utilize a diffuser in the bedroom for essential oils like: lavender, eucalyptus and peppermint. You can even add a few drops to the bath water. (When it comes to essential oils and kids, it's important to always consult with your doctor and a trained, qualified aromatherapist. Due to their weight, children are more sensitive to the effects of essential oils than adults are.)

**Mood:** Calm Positive affirmations.

**Visual:** Turn off screens up to two hours before bedtime.  
Room color that promote calm are: Calming colors are blues, lavenders, turquoise

**Exercise: for calming:** Practice deep breathing, and yoga like movements.

### Helpful items to purchase:

**Essential oil diffuser & essential oils:** Lavender, eucalyptus, peppermint.

**Weighted Blankets:** The extra pressure of these blankets is like a hug which may help promote serotonin and melatonin which can help us to settle down from stressful or anxious situations and relax.