



Parent University: Anxiety

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Causes of Adolescent Anxiety:

- **Technology:**
 - Reduction in quality sleep
 - Hits pleasure center, causing cravings and withdrawal symptoms
 - Identity shaped by words and number of followers
 - Creating attention and impulse control issues
 - Redefining community and relationships

- **Performance Based:**
 - Grades
 - Sports
 - Social Media Followers/Likes
 - Definition of Success

- **Physical Health:**
 - Diet
 - Exercise
 - Brain Chemistry

Treatment Options or Solutions:

- **Technology:**
 - *Structure and rules-* Time limits', turn off notifications, charge device in parents room at night, accountability for content posted and followed.

- **Performance Based:**
 - *Developing a Growth Mindset-* letting our kids fail so they can learn from it and not fear it.

- *Developing an Identity*- helping them find their strengths and weakness, their likes and dislikes.
- *Redefine Success*- instead of using other people's idea of success, help them find their own.
- *Model healthy self-care and relationships*- Set an example of making time to recharge. Be a part of a community and/or healthy friendships. Having good boundaries, and not allowing the child to be burdened with adult issues.
- Physical Health:
 - *Diet and Exercise*- reduction in sugar, caffeine and processed foods. Increase in whole clean foods, and taking vitamins and supplements.
 - *Intentional about Sleep*- improve sleep hygiene.
 - *Get a physical to rule out other medical issues*- some physical illnesses present with depression and anxiety features. (i.e. hormonal imbalances, GI issues, thyroid, and anemia)
 - *Counseling/Medication*- combination has a greater rate of efficiency than medication alone.