



10 Proven Strategies For Helping An Anxious Child



Hug - It - Out

Instead of using words that can sometimes make anxiety worse, help your child feel safe by sitting and hugging them quietly. Empathize with and reassure them that you are there and willing to help.



Find Your Calm Place

Close your eyes and think of a time when you felt calm, peaceful, and happy. See it in your mind. How did it sound, smell, feel, or taste?



5-4-3-2-1 Grounding

5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste



Sweat - It - Out

Doing an exercise like jumping jacks forces deep breathing that can reset the anxious feelings.



Draw Your Anxiety

Draw a picture of what you are worried about.



Blow Bubbles

Taking deep breaths is proven to help calm anxious feelings. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers and straws are other options.



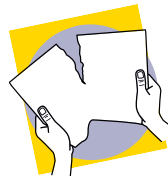
Remember Past Success

Remind the child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it can be hard.



Problem Solve The Fear

Help the child talk through solutions that could be used if their fear were to come true. Knowing they can handle the worst can help calm the fear.



Destroy The Worry

Have the child write their anxiety on a piece of paper and then tear it up and throw it away.



Pet A Furry Friend

Sitting for a short time petting an animal can reduce the heart rate and help to relieve anxiety.