

DISCUSS IT:

Anxiety

Anxiety is not fun and, if it gets bad it doesn't feel good. So what can you do to make it better? Try to **RELAX**. This acronym will help. Then talk about anxiety with your mom so that she can make you feel better.

- R**emind yourself: of all the things you are doing that might be making you feel anxiety.
- E**xplain to mom: what you are feeling and what might be causing you to feel anxiety.
- L**ay out a plan: with your mom, to help you take control of the situation.
- A**pplaud yourself: whatever the outcome, because you are trying and will eventually succeed.
- X**-hale, inhale: breathe in slowly and deeply through your nose, and then breathe out slowly through your mouth, 2 to 4 times to RELAX.

MOM When I was your age, I felt anxiety when _____.

CHILD I feel anxiety when _____.

MOM When I am anxious about something, I can usually tell because *(list symptoms)*
_____.

CHILD When I am anxious about something, my body tells me by *(list symptoms)*
_____.

MOM When I feel anxiety, it helps me when I _____.

CHILD It would help my anxiety if you would _____.