STRATEGIES TO HELP Anxious Teens

ADVICE FROM LEA WATERS

About Lea Waters

Professor Lea Waters is a Psychologist, Researcher, Professor, Internationally recognised Keynote Speaker, Author of 'The Strength Switch', and an awarded Member of the Order of Australia due to her upstanding service for Mental Health.

How to Spot the Signs

Physical Signs
- Hyper-vigilance, fatigue, muscle tension, change in sleeping patterns, restlessness

Emotional Signs
- Fear, anxiety, worry, teariness, mood swings

Cognitive Signs
- Racing thoughts, difficulty concentrating, irrational fears and dread

Tips to Manage Anxiety

Writing Worry Post-it-notes
Writing down your worries can simply help to put thoughts into perspective and make them tangible.

Dedicate Time to Worry
Scheduling a specific time in the day to worry so that it does not interfere with sleep or daily routine.

Putting it into Perspective
Come up with a best case scenario, worst case scenario and most realistic outcome

Find and use your Character Strengths
Discuss your individual and shared strengths and how you can use those to get through stressful times.

Normalise Therapy and Getting Help
Talk about Mental Health as you would Physical Health. Acknowledge that it’s okay to seek help.

Practice Mindfulness
Utilise apps, enjoyable activities, online resources to take time to focus on the present moment

For More Info

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Anxiety is the #1 word teenagers use to describe their feelings around Covid-19

E-Sources

- My Compass
- Smiling Mind
- Headspace
- Black Dog Institute
- Mood Tracker

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