



MENTAL HEALTH MATTERS

Tips on strengthening mental wellness in everyone!

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WHAT IS ANXIETY?

Anxiety is the intense, excessive, and persistent worry and fear about everyday situations. Anxiety can cause anger, irritability, trouble sleeping and tiredness, headaches and stomachaches in both adults and children. When kids are anxious it's natural to want to help them feel better but when parents try to protect kids from their fears they can make their child's anxiety worse. Here are few tips to keep in mind while supporting your child and their anxiety.

Family Tips on Easing Anxiety

- The goal isn't to eliminate the anxiety but help your child manage it.
- Don't avoid things just because they make your child anxious. Helping children avoid what they are afraid of reinforces their anxiety over the long run.
- Express positive confidence that your child is going to be O.K. As you give your child confidence to face their fears their anxiety will decrease over time.
- Try to eliminate or reduce the amount of time your child worries about their fear. If a child is nervous about going to the doctor, don't talk about the visit two hours before it is going to happen. Keep the time you talk about the fear to a minimum.



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