

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 I (list symptoms) _____.*

Child: *When I am anxious about something, my body tells me by _____.*

Mom: *When I feel anxiety, it helps me when I _____.*

Child: *It would help my anxiety if my mom would _____.*

