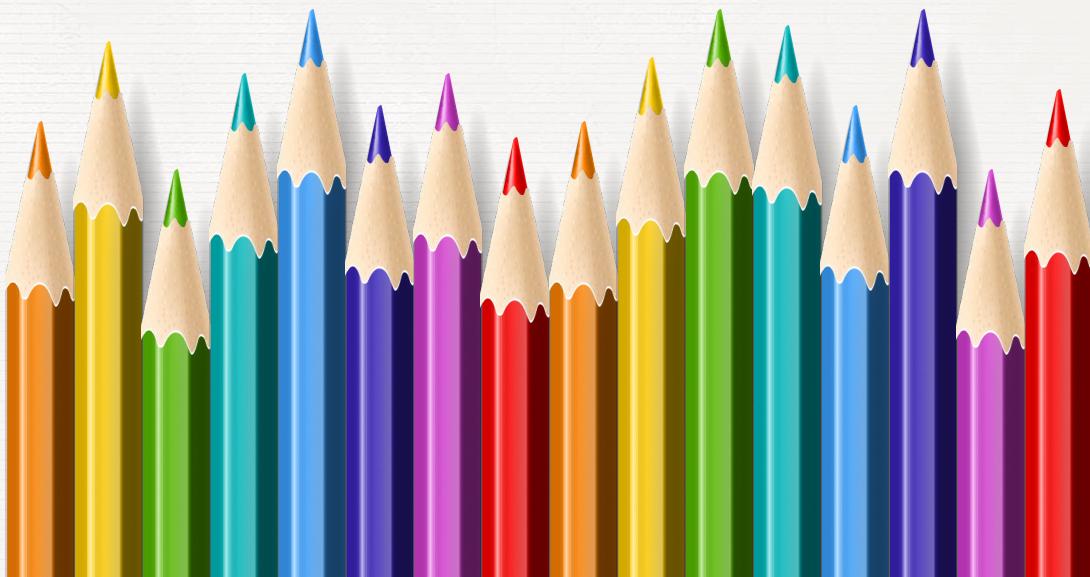
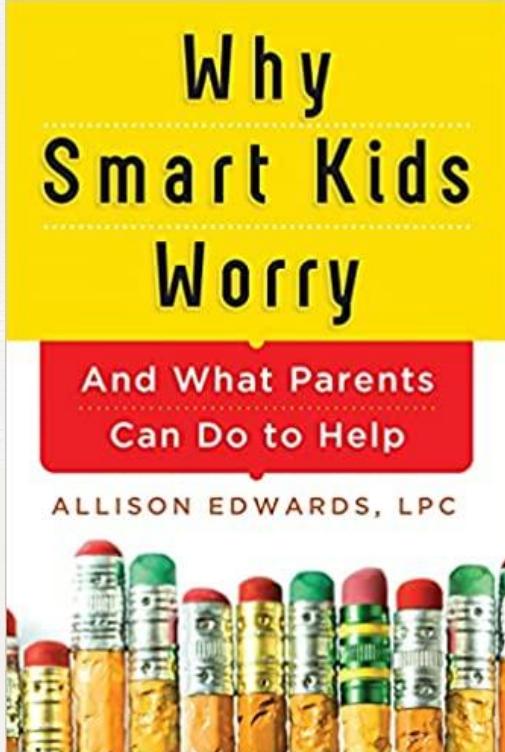


# Anxiety Reduction

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# Why Smart Kids Worry

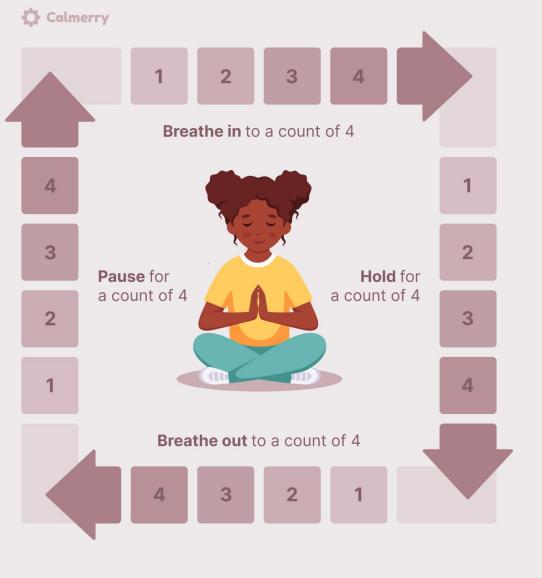


Being the parent of a smart child is great—until your son or daughter starts asking whether global warming is real, if you are going to die, and what will happen if they don't get into college. Kids who are advanced intellectually often experience fears beyond their years. And parents are left asking, why does my child worry so much?

Anxiety is the number one mental health issue for children in the U.S. In this practical parenting resource, psychotherapist Allison Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past.



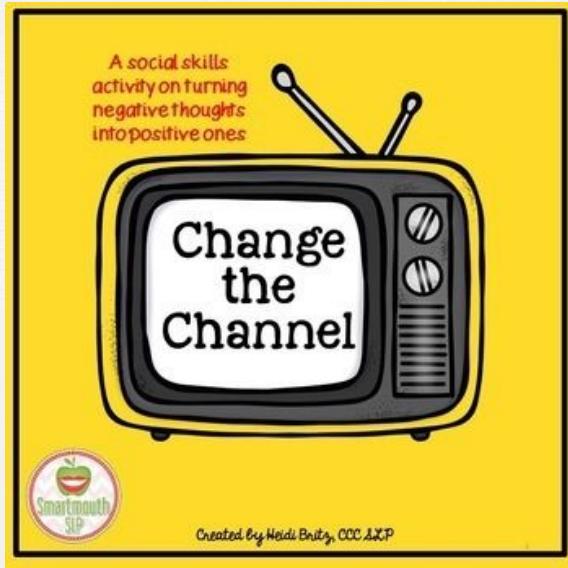
# Tool #1 - Square Breathing



1. Slowly and gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a slow count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



## Tool #2 - Change the Channel

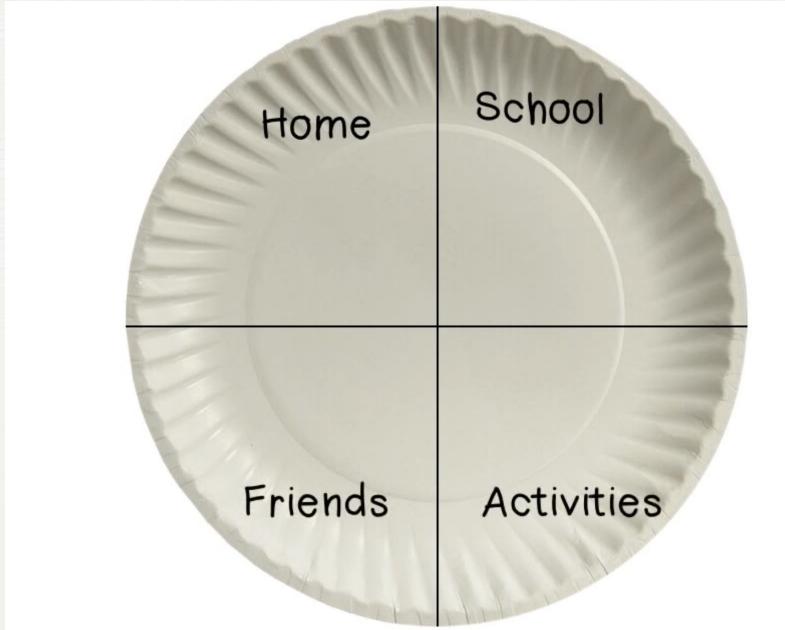


1. Notice the signs that you're feeling a big emotion.
2. "Change the Channel" by making your brain think about something positive.
3. Give yourself a few minutes to feel better.

Example - if you're nervous about an upcoming performance, each time you feel nervous, make your brain think about the ice cream you'll get after the performance.



## Tool #3 - Brain Plate



Only think about **TODAY**.

- Home
  - Chores
  - Homework
- School
  - Tests/Projects
  - Turn in homework
- Friends
  - Playdates
- Activities
  - Practice
  - Game/Performance



## Tool #4 - Worry Time



1. Schedule a daily, dedicated time to discuss your child's worries.
2. This should be approximately 15 minutes of distraction free 1-1 time.
3. If your child tries to discuss worries outside of this time, redirect them to wait for the dedicated time.



# Tool #5 - 5 Question Rule



Kids ask repetitive questions for 2 reasons:

- 1) To get a different answer
- 2) To get some mental relief

The 5 Question Rule is quite simply being willing to answer the same question 5 times and then saying, “I have already answered that question.”



## BFA Gifted and Talented Website

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