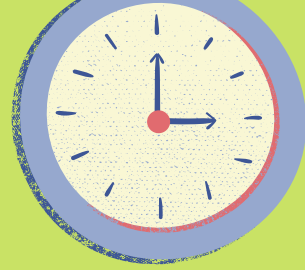


How can you support your child during an anxiety-provoking situation?

- Use the exhale-longer-than-inhale breathing method to activate the parasympathetic nervous system.
- Sit next to them and provide physical support and attention.
- Reassure them that their anxiety will pass and that everything will be fine.
- Request that they return to their safe place (Calm Down Spot).
- Encourage them to relax by walking, exercising, or doing anything rhythmic.

What to do in Calm moments:

- Psychoeducate your youngster about anxiety
- Play detective with them and try to figure out what's causing them concern
- Assist your youngster in recognizing anxiety's signs and symptoms
- Make them feel safe by using the coping skills suggested in the book
- Practice the activities that were beneficial to them.
- If you are concerned about your child's mental health and anxiety is persistent, get professional assistance.



Calm Down Spot: You can locate a relaxing location in your home. Choose a location in your home for your Calm box. Decorate the area as you see appropriate. Stickers, fabrics, quilts, and other materials can be used. When your anxiety monster starts to get confused and misperceive circumstances as harmful, you can rush there and use the materials. When you are not at home and can't reach your Calm down spot, imagine it. Imagine the specific details of your calm down spot or any other favorite place.

