

Building Resilience:

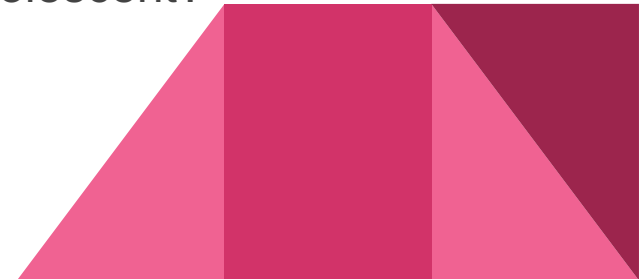
Understanding Adolescent Stress & Anxiety

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Questions to Ponder

1. Are you alright with your child being AVERAGE?
2. How do you differentiate between success and perfection?
3. How do you respond when your adolescent begins to struggle or experience disappointment, even failure, emotions other than 'fine' or happy ?
4. If I asked your adolescent what you value and focus on in your parenting, what would he/she say (hmmm: grades, achievement, struggles....)
5. What is your adolescent passionate about?
6. What are some of your greatest concerns for your adolescent?



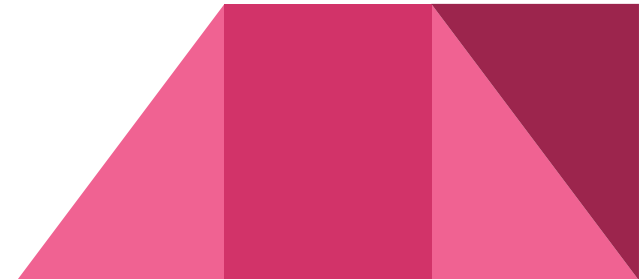
Purposeful Parenting vs. Emotional Reactive Parenting

Goals for parenting that are aligned with family values

Proactive vs. Reactive

Self-awareness

Healthy vs. unhealthy patterns of communication



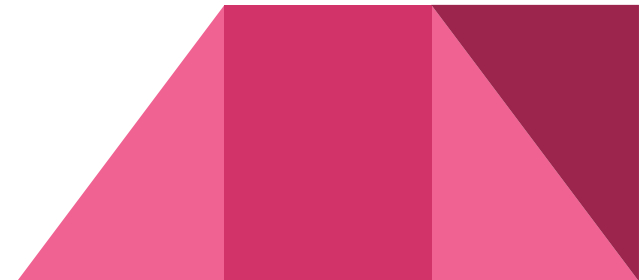
What is Anxiety?

Normal, natural, built in through evolutionary processes

Response to the perception of future threat or danger

We need this to prepare for future potential difficulties

Some anxiety is actually good for performance



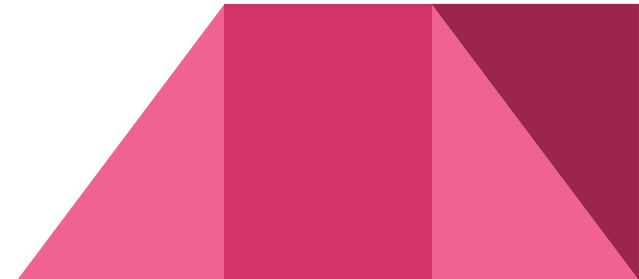
When are we Uncomfortable or Anxious?

Our Fight - or - Flight system gets activated by the perception of threat/danger

The perceived fear is greater than the actual threat/danger

Everyday occurrences become overwhelming

Behaviors interfere with daily functioning



When Adolescents experience stress...

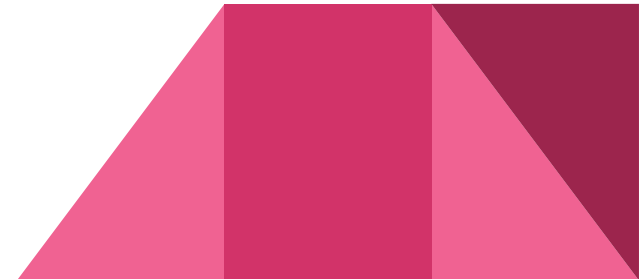
BODY: Fatigue, Restlessness OR Sweating

BEHAVIOR: Hypervigilance OR Irritability

COGNITIVE: Racing Thoughts OR Worry Thoughts

OTHER COMMON SYMPTOMS

Trembling, Overwhelmed, Poor Concentration, Shortness of Breath, Excessive Worry, Frea, Insomnia, Increased Heart Rate, Feelings of Nausea

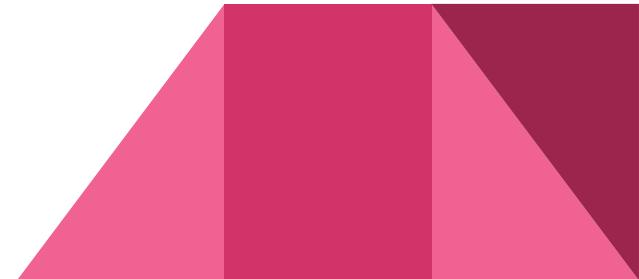


What Heightens Anxiety

Avoidance

Reassurance seeking

Distraction



Communicating to Supports

Anxiety Rating	Physical Symptoms	Thoughts	Coping Skills
10			
9			
8			
7			
6			
5			
4			
3			
2			
1			

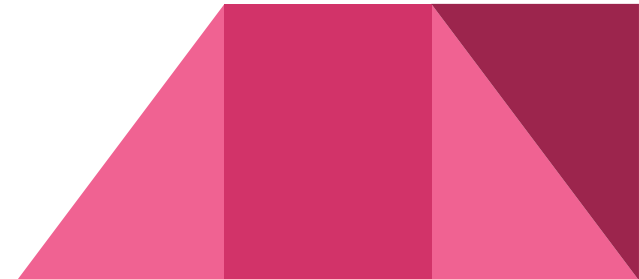
Emotional and Cognitive Development

Assessing discrepancy between emotional and cognitive levels of development

Understanding different stages of emotional development

Considering emotional development when formulating expectations

Fostering emotional maturity

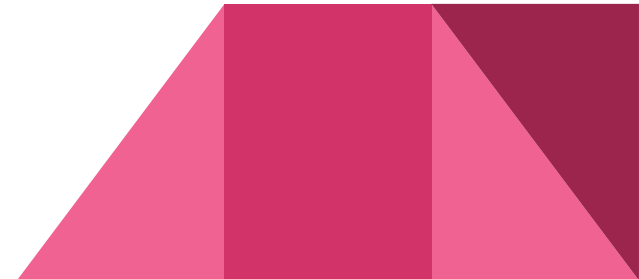


Emotional Regulation

Difficulty managing emotions

Lack of self soothing techniques

Poor impulse control



Comfort and Growth Zones



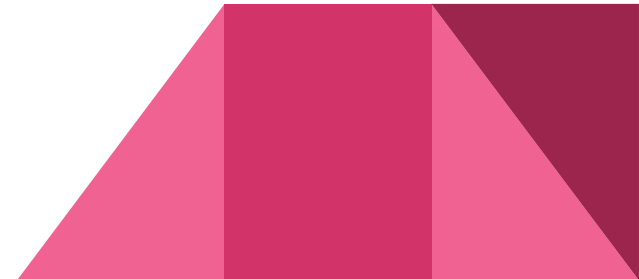
Difficulty

Distress Tolerance

Lack of crisis survival strategies

Underdeveloped skills to manage feelings such as disappointment, anger, and sadness

Difficulty applying coping strategies to stressors



Factors that Contribute to Stress

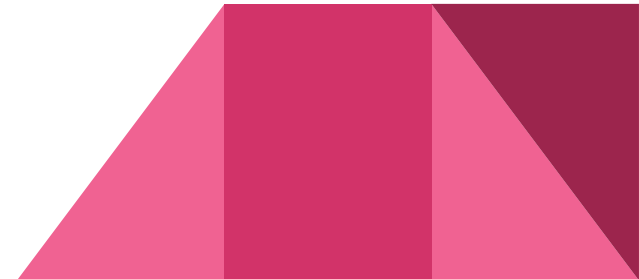
Difficulties with...

Managing feelings of discomfort

Experiencing disappointment

Applying conflict resolution skills

Communicating needs effectively to school staff



Demands on Children

Academic/Achievement

Time constraints

Competition (internal and external)

Social Media

Extracurricular

Financial

Appearance



Coping Strategies

Take time out, focus on yourself

Take a step back

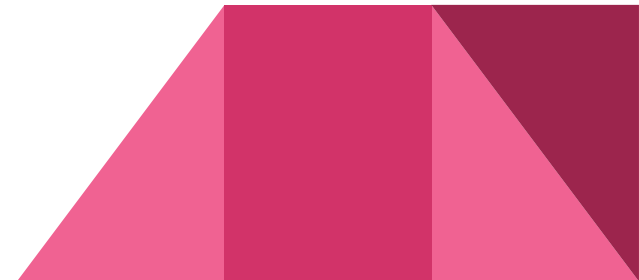
Eat well balanced meals

Get enough sleep

Get exercise daily

Controlled breathing

Do your best/Acknowledge your efforts



Coping Strategies

Welcome humor

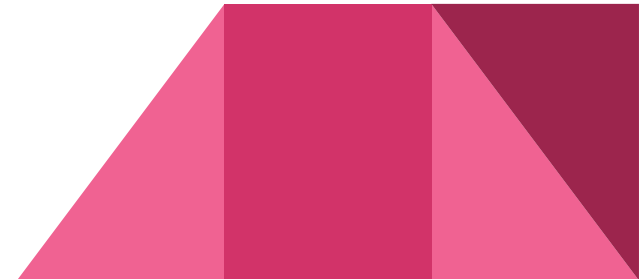
Try to have a positive attitude

Get involved

Identify what triggers your anxiety

Seek out supports

Comfortable being uncomfortable!



Demands on Parents

Time constraints

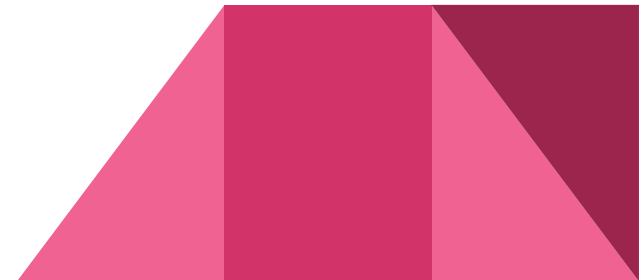
Financial

Social (lack of)

Career

Family responsibilities

Self Demands



How Do I Communicate Effectively?

Provide child with choices

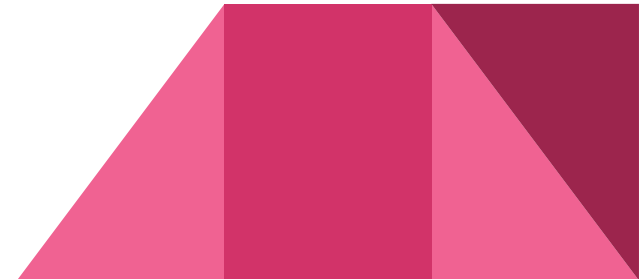
Language such as “It is your choice” vs. “You have to”

“What do you think you could do” vs. “You’ll be ok”

Look for teaching opportunities that work towards goal attainment

Timing is important

Less is more



Parenting Strategies

Identify goals to be achieved as a result of parenting (what is non-negotiable?)

Identify patterns of behavior

Be clear and consistent (written contract may help)

Identify and strategize obstacles to following family contract or meeting goals

Evaluate progress and obstacles regularly

Aligned parenting creates expectations that increase consistency and structure



Parenting Strategies

Avoid enabling your child

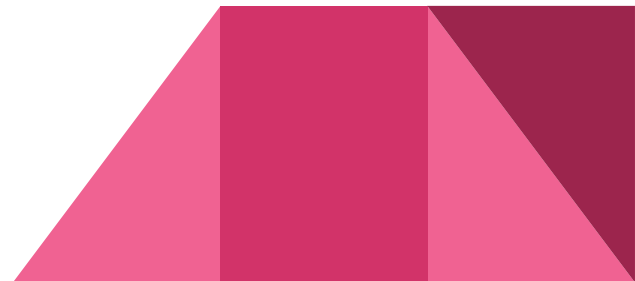
Create home environment that fosters structure and consistency

Communicate effectively (LISTEN-keep it short and simple!)

Increase self-awareness

Learn how to allow your child to be uncomfortable-foster self-soothing skills

The goal is a healthy child!



Sample Family Contract

<u>Expectations</u>	<u>Privileges</u>
<ul style="list-style-type: none">• Attend School• Be ready at 7:00• Chores• Homework• Extracurricular Activities	<ul style="list-style-type: none">• 2 hours of screen time• Go out on Friday night• Allowance• Cell phone privilege• Video games, lap top

Setting a Family Behavior Contract

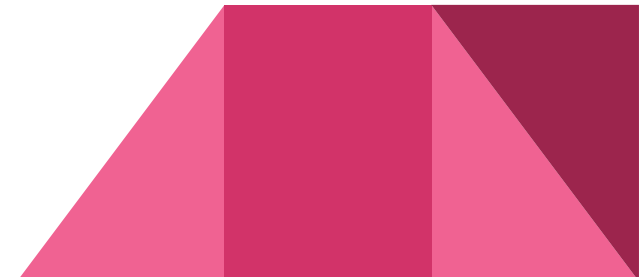
Work to set goals for child based on family values

Goals should be both long- and short-term

Goals should be specific, measurable, achievable, realistic and timely (SMART)

The expectations should be clear and consistent

Avoid power struggles-Be consistent and present with their learning styles



Understanding Your Family Dynamics

Stressors in the family

Boundaries and limits

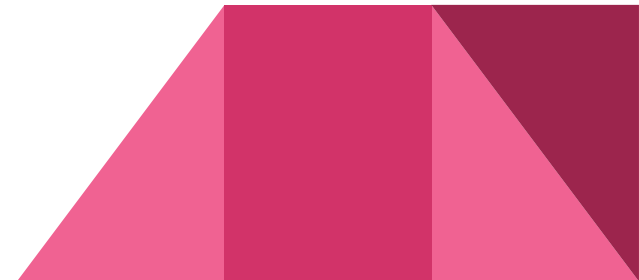
Communication patterns

Spoken and unspoken rules

Family values and/or religious/cultural beliefs

History of family mental illness

Therapy may be necessary



Contact

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