



# Strengthening Children and Teens Against Anxiety

**How to strengthen all children and teens against anxiety, and build courage and resilience.**

What could our children do if they knew in their hearts they were brave enough? All children and teens are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential – but it doesn't have to be this way. This transformational session will provide the essential information and strategies to help all parents and carers support children and adolescents to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life. Participants will learn:

- a new, empowering way for children, teens, and adults to think about anxiety, and how to use this to manage anxiety;
- taking the 'anxiety out of anxiety';
- how to build courage, resilience, and confidence in children and teens with anxiety;
- proven, practical ways to calm and strengthen an anxious brain;
- the power of parents to move children towards brave behaviour, and how to do this when anxiety is in the way;
- how to respond to anxiety in the moment to make way for calm and courage;
- how children can switch on the relaxation response;
- the different ways anxiety can manifest, and what to do;
- how to build the mindset that will strengthen against anxiety and make way for brave behaviour;
- how to build the solid neural foundations of resilience in all children;
- why new behaviours take time, why old responses can feel tough to change, and the simple explanation for children and teens that can build resilience and grit.

*Because we know our children are mighty. Now to make sure they know it too.*



## About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.