



Who Doesn't Get Anxiety!

Strengthening children against anxiety and building courage and resilience.

Children are powerful when we empower them. Whenever there is something brave, new, hard, or important children need to do, anxiety will be there. It is this way for all of us. Everybody gets anxious (nervous, worried) sometimes because everybody does brave things. The earlier we can support children to understand anxiety, the more capacity they will have to feel braver and stronger in the face of it. The goal isn't to get rid of anxiety - it will be there whenever there is something brave or challenging they need to do. The goal is to support them with the wisdom and strategies to feel bigger in the presence of it. This presentation will explore anxiety (and feeling worried or nervous) from a strengths-based perspective, opening the way for children to feel stronger in the presence of anxiety and build their confidence, courage, and resilience. Children will learn:

- the science of anxiety - a child-friendly, fun explanation of what happens in the brain during anxiety (or feeling nervous, worried, stressed, scared);
- making sense of symptoms and behaviours to dilute the power of anxiety to hold them back or hijack behaviour;
- why being brave feels hard, and how to feel stronger and safer when they need to;
- why anxiety can also feel like big tears or big anger - and what to do to;
- the secret to shifting from anxious to brave;
- how to be the 'boss of their brain' so they can manage big feelings and feel braver, calmer, and stronger in the face of challenges;
- the facts about anxiety that will normalise and destigmatise, so children can feel stronger asking for support when needed.



About Karen Young

Karen began her career as a psychologist and is recognised as one of Australia's leading authorities on child and adolescent anxiety. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both 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 five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety. The books are used extensively in schools and homes throughout the world.