



Growing Calm: Understanding Anxiety & Empowering Resilience

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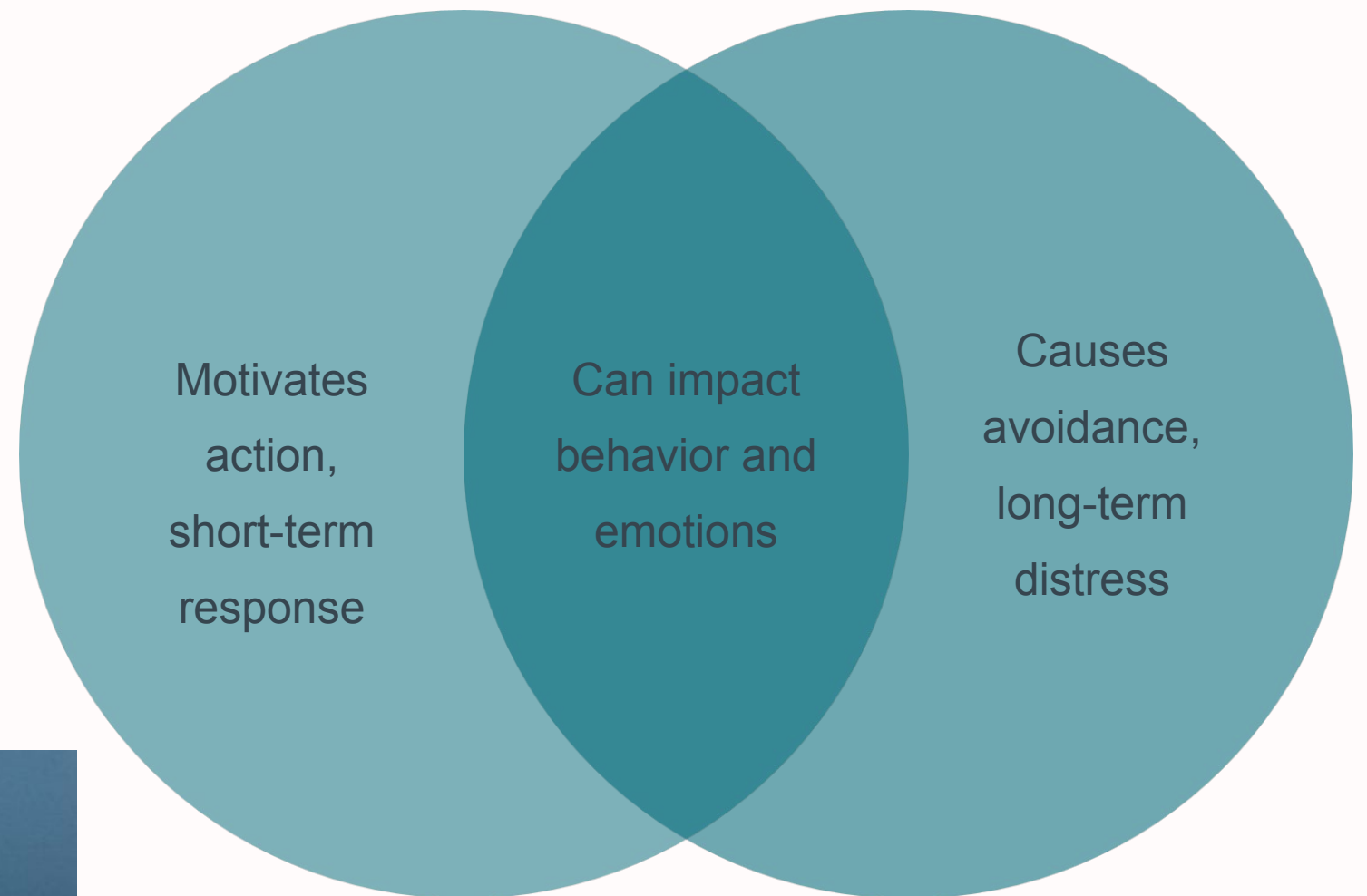
Not to brag, but
I can make my
Teen crabby by
just saying "Hello".



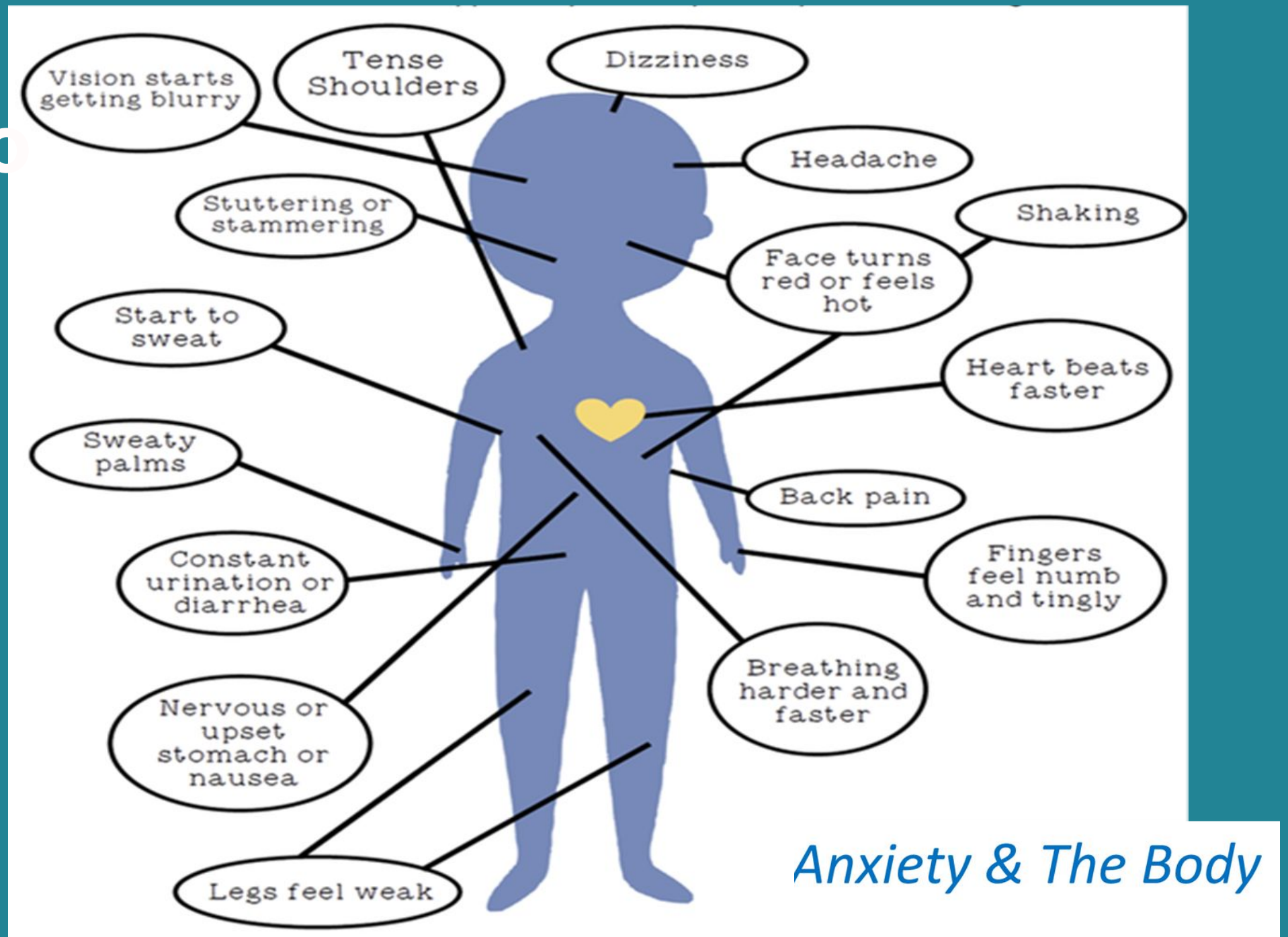
Anxiety vs Stress

Understanding when stress can be helpful versus when anxiety becomes harmful is crucial for children's emotional health and resilience development. This balance fosters effective coping strategies.

Anxiety is like a constant feeling of being unsettled. Unable to enjoy the here & now, and completely overthinking anything & everything.

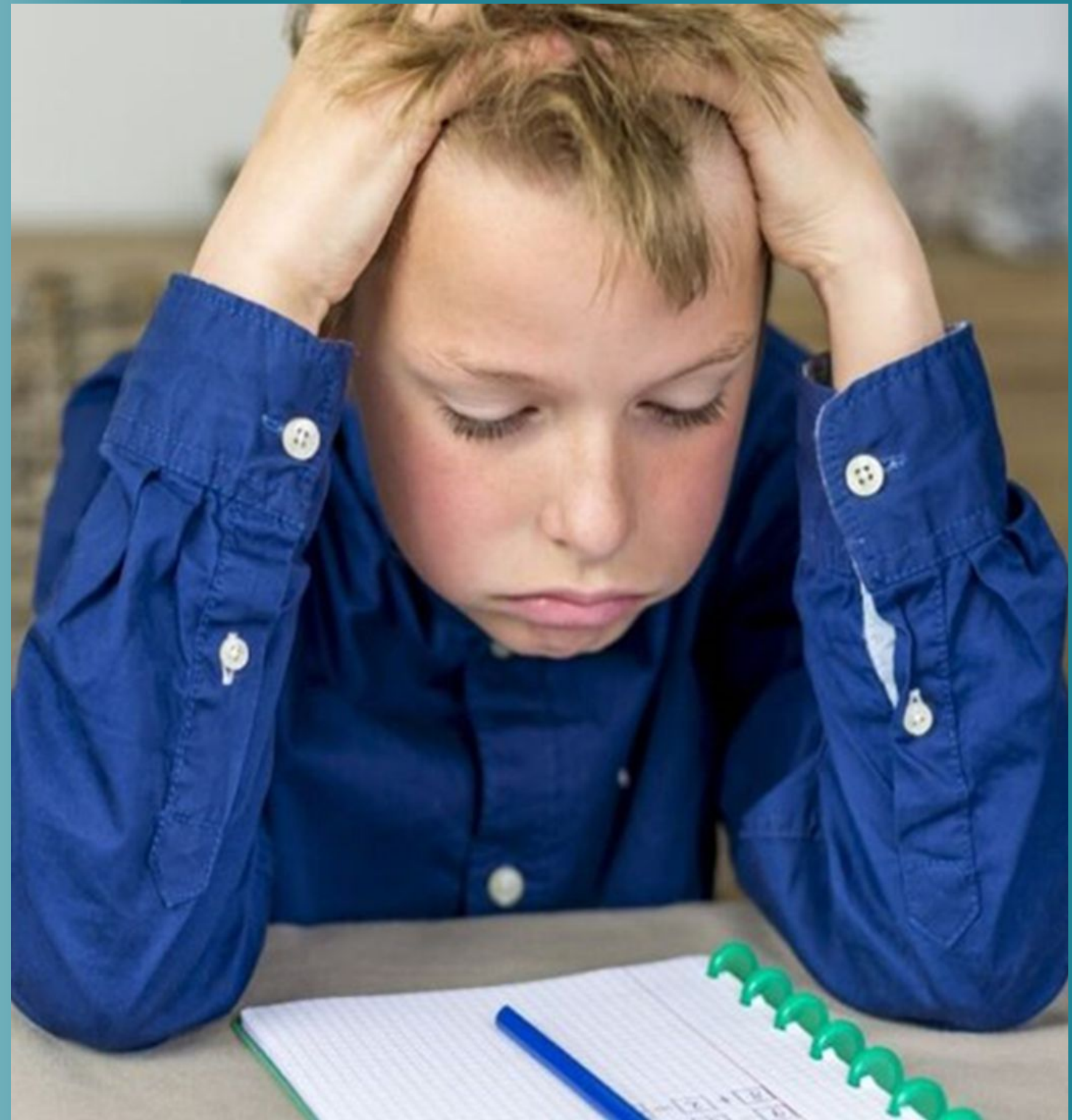


Physical Responses to Anxiety



10 Not So Obvious Signs Of Anxiety In Children

- Defiance and misbehavior
 - Inattention
 - Need for Control
- Physical Symptoms
- Seeking Validation
- Anger & Frustration
 - Negative Nelly
 - Sleep Issues
 - Avoidance



Excessive Question Asking

Fight



flight



FREEZE



WHAT IS RESILIENCY

Definition: The ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress — Resiliency can help our children manage stress and feelings of anxiety and uncertainty.

Communication



Emotion Regulation



Social Skills



Problem Solving



60% of children will face significant adversity by age 18



1 FOSTER A SUPPORTIVE ENVIRONMENT

SAFE SPACE

Every individual is responsible for their words and actions. Avoid making assumptions about others.



Offer opportunity to share, expressive feelings and feel heard regardless of outcome if issue. Handle issues with sensitivity, empathy and respect.

Listen and Learn

Making mistakes and asking questions are integral to learning and personal development. Fearlessly ask questions and create space for others to grow and learn.

Situations of safety and when emotionally dysregulated (TTT)



#2 COMMUNICATION

TIMING

ACTIVE LISTENING

RESPOND VS REACT

CLEAR EXPECTATIONS

VALIDATION

POSTIVE

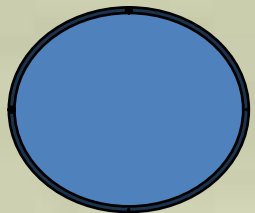
TENSE TALK TIMEOUT

Me as a parent



3 EMPATHY

EMPATHY
FEELING WITH PEOPLE



*Digital Safety Ground Rules
& Communication*

PARENTING
IN THE

DIGITAL
AGE



Family Mission & Plan

Expectations

Rules around devices

Do not shame or go to punishment

Educate, Set Limits, Follow Through

Positive reinforcement Contract



CELL PHONE CONTRACT

It's a privilege not a right to have a cell phone.
It can be taken away at any time for any reason.

These are the things I'm responsible for:

- ☐ Answer the phone if my mom or dad calls.
- ☐ I will text or call back right away if it's missed.
- ☐ Follow all the rules wherever I am (school, church, activities, etc).
- ☐ Let my parents know right away about any unknown texts, calls, social media.
- ☐ Make sure that it is charged.
- ☐ Keep it in good condition.
- ☐ If I lose it or break it, it is my responsibility to replace or fix it.
- ☐ Hand over to my parents at any time, for any reason.
- ☐ Let parents know my passwords.
- ☐ Turn it in every night before bed.

These are the things I will not do:

- ☐ Text, email, or say anything through this device that I wouldn't say in person.
- ☐ Take inappropriate pictures of myself.
- ☐ Be involved in inappropriate behavior.
- ☐ Text or send mean emails to others.
- ☐ Call or text anyone after 9pm.
- ☐ Bring my phone to the dinner table.

sign here



SECRET

4



Boundaries

5 BOUNDARIES YOU NEED

EMOTIONAL

boundaries around inappropriate topics, emotional dumping & dismissing emotions.

"I'm not willing to discuss this."

MATERIAL

boundaries around possessions, when they can be used, how to treat them.

"You can borrow my ___ if you ask me first."

TIME / ENERGY

boundaries around time, lateness, when to contact, favours.

"Please text me if you're going to be late."

MENTAL

freedom to have your own beliefs, values and opinions.

"I respect your opinion, even though I don't agree, and I'd like you to respect mine."

PHYSICAL

proximity, touch, PDA, unwanted comments on your appearance or sexuality.

"I don't appreciate comments like that."

WWW.HSP.WORLD



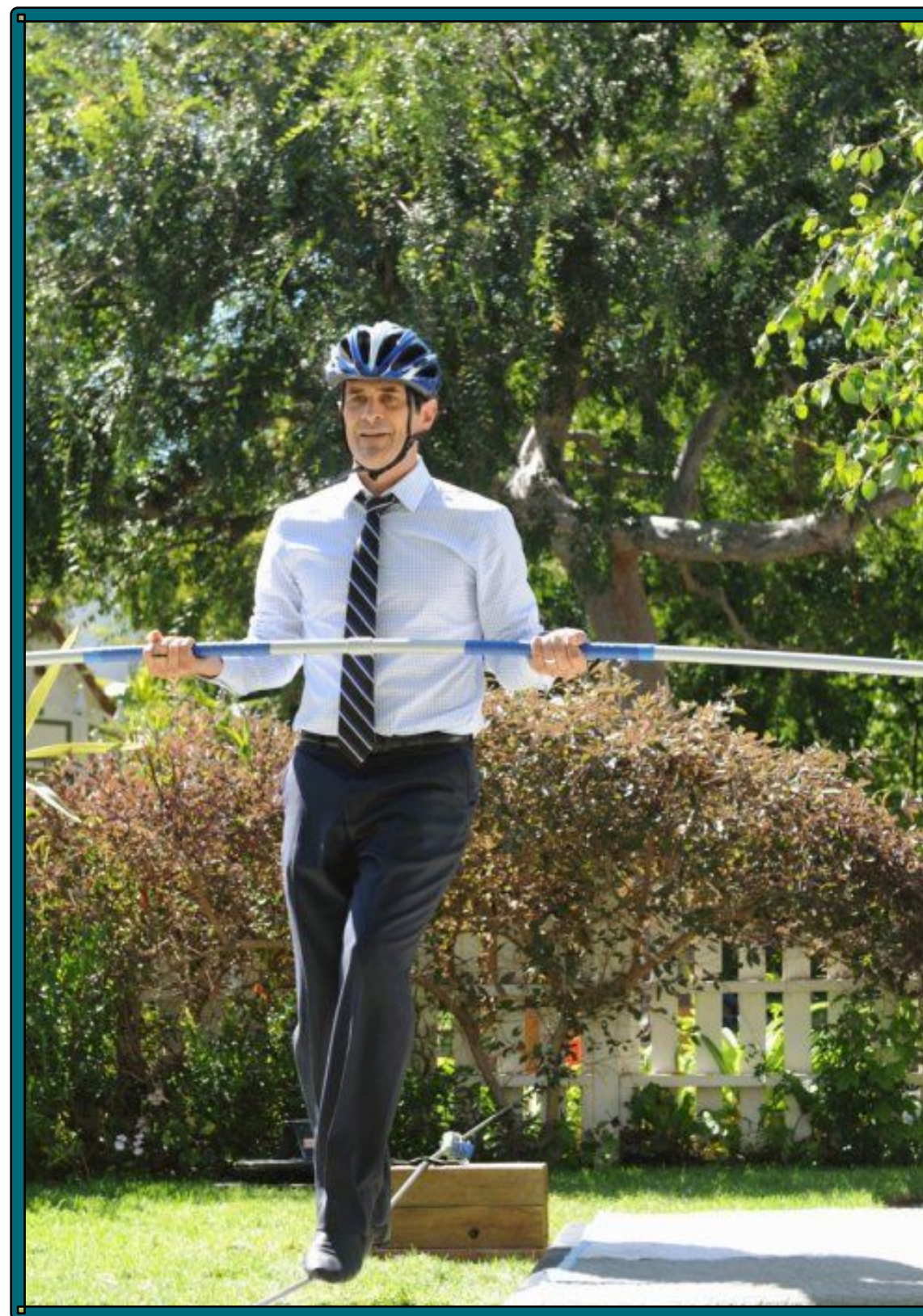
5 ENCOURAGE INDEPENDENCE



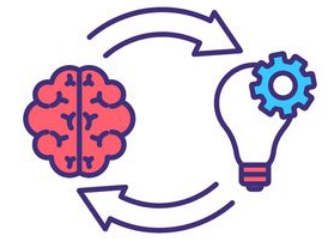
Your challenge as a parent is to embrace and support your kids for who they are. This could mean giving up your dreams about who you thought they might grow up to be.

Sharon Ballantine

<http://www.SharonBallantine.com>



DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Role modeling is the most basic responsibility of parents. Parents are handing life's scripts to their children, scripts that in all likelihood will be acted out for the rest of the children's lives.

Stephen R. Covey

“ quote fancy

6 EMOTIONAL REGULATION

Emotional Dysregulation
Signs & Symptoms



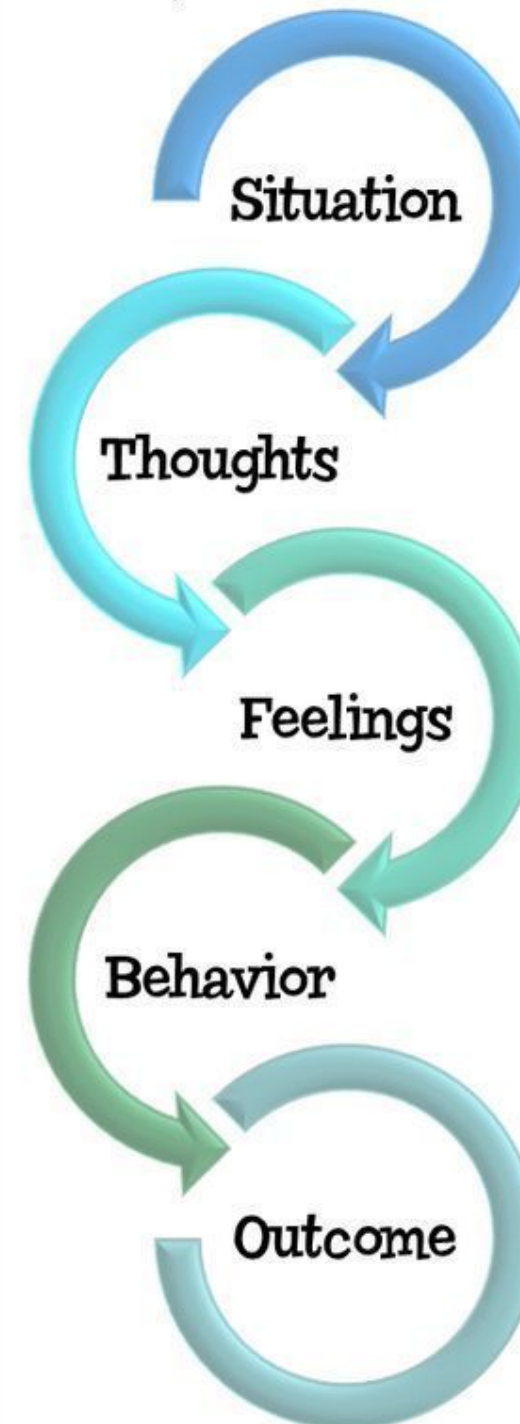


7 PROBLEM SOLVING



PROBLEM SOLVING

When an event happens, what you think will affect what you feel and what you do.



Describe the situation:

What were your thoughts?

How did you feel?:

What were your behaviors (how did you react?):

What was the outcome?



8 PROMOTE SOCIAL & COMMUNITY ENGAGEMENT

Volunteering

Community Service Clubs

Service Clubs

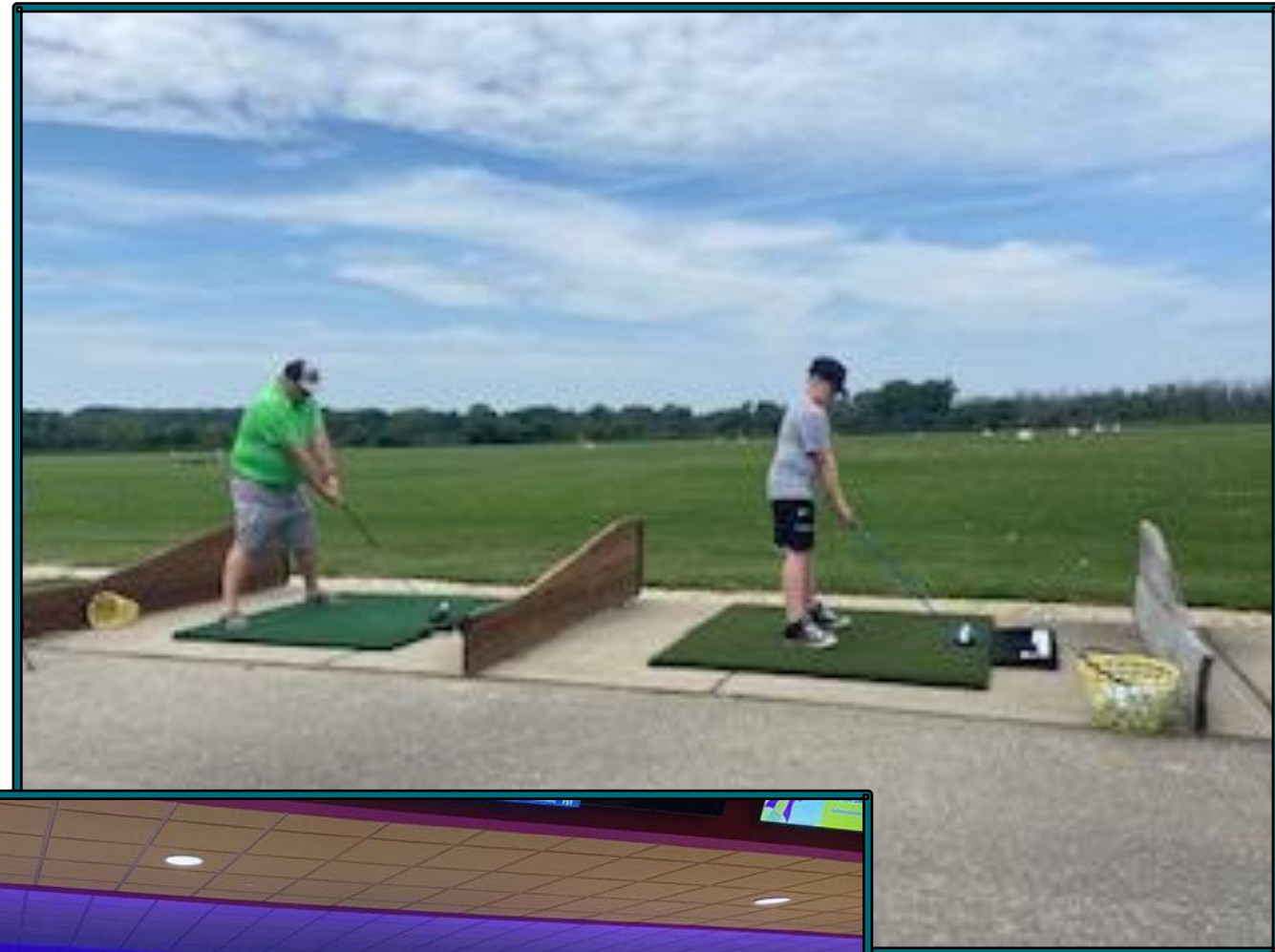
Donating of Time & Talent

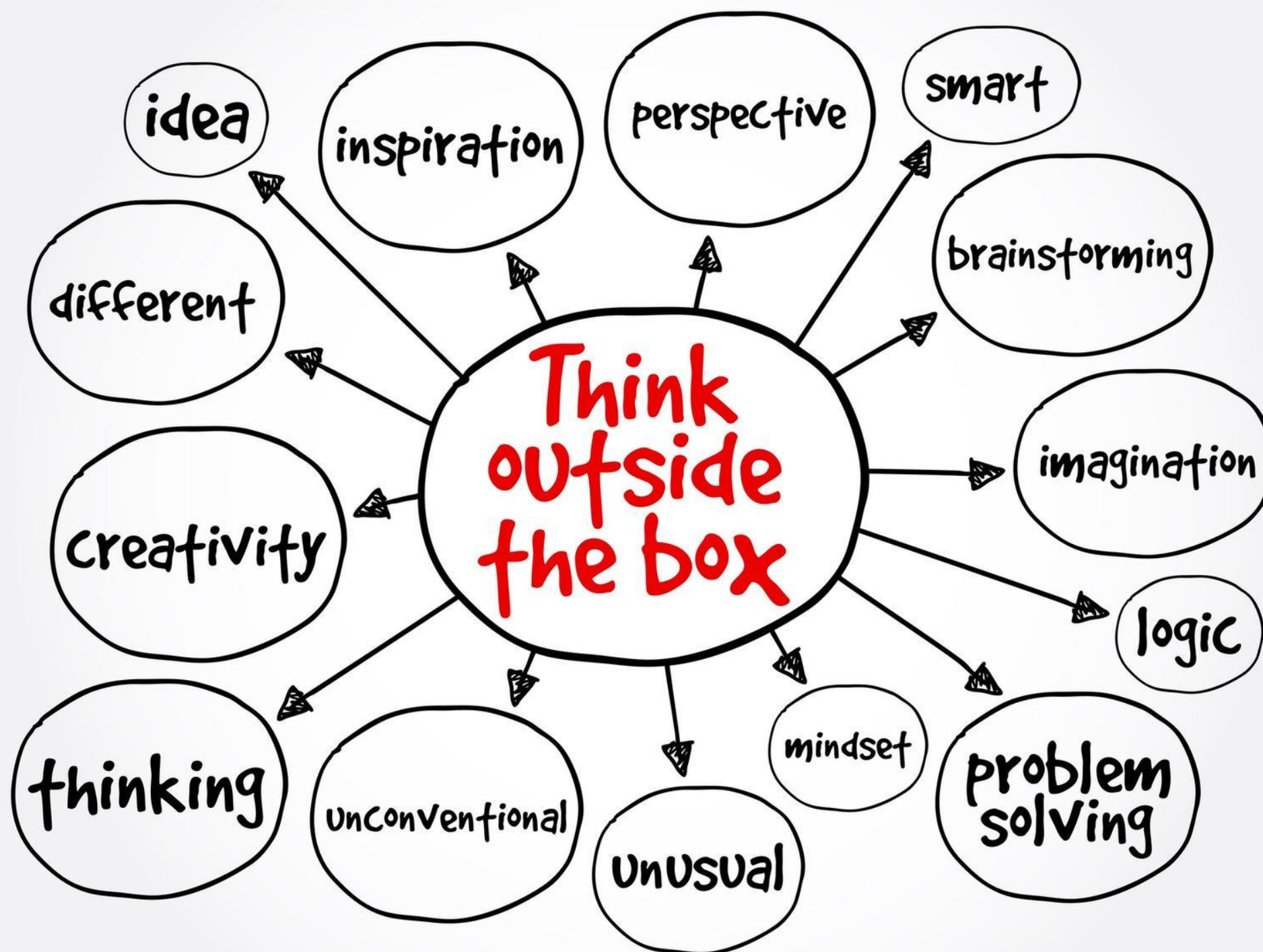


What is a Perfect Parent???



9 STAY INVOLVED & INFORMED





HEARD

HUGGED

HELPED



Questions? Contact Deanna
Gals.ocommunity@gmail.com



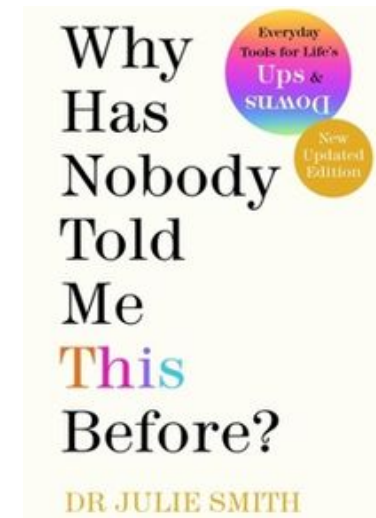
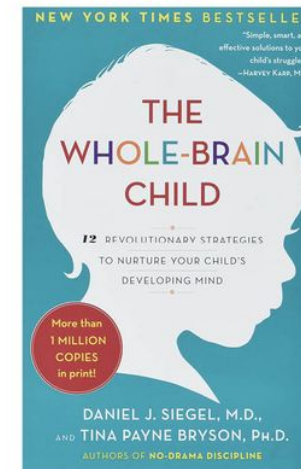
<https://mhanational.org/research-reports>



<https://www.privacyparent.com/tag/parent-tips/>



Positivepsychology.com



Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents .,Paperback. by [Eli R. Lebowitz](#)

Empathy: Brene Brown:

Youtube Video on Empathy: <https://www.youtube.com/watch?v=1Ewwgu369Jw>

Building Resilience in Children and Teens; Giving Kids Roots and Wings: Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child. Kenneth Gingsburg, MD, MS ED FAAP & Martha M Jablow
Shauna Shapiro, Ph.D.

