




Thrive Newsletter

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10 Things To Say To Your Child When She is Anxious or Worried

Somedays your worries feel too BIG to handle. I understand that, I can help you.

You are so kind and sensitive sometimes you worry more than other kids, that's okay.

When you prefer not to worry or feel anxious, I can hold your feelings for you.

Anxiety is a warning that something doesn't feel right, let's discover what that is.

Anxiety can actually be your brain on hyperdrive, it mistakes normal stuff for danger.



Do you think your anger is really fear in disguise? Let's be a detective and figure this one out.

If you feel worried, let's talk about what to expect so you can feel calm and have fun.

Did you know that when you feel worried, sport & exercise can help? Moving calms your brain.

You can trust that I will do as I say, so you can put your worries away.

Talking about what you are thinking can improve how you are feeling.

Have a wonderful, restful and exciting summer making memories with your families and friends!



