



"Worrying does not take away tomorrow's troubles. It takes away today's peace."

Judson Brewer (Unwinding Anxiety)

Unwinding Your Anxiety

A Guide for Parents

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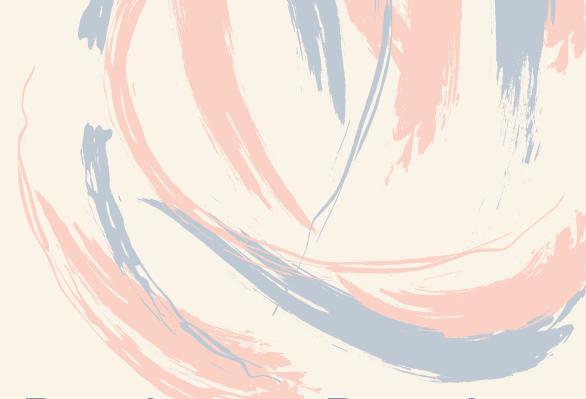
What is Anxiety?

Anxiety is the feeling of tension, nervousness, fear, or worry. Sometimes, feelings of anxiety are short-lived, but other times, these feelings can persist for a long time. Although anxiety is a common feeling, it can significantly impact your parenting and the quality of the relationship with your child.

Recognizing Anxiety

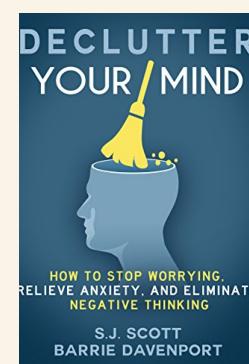
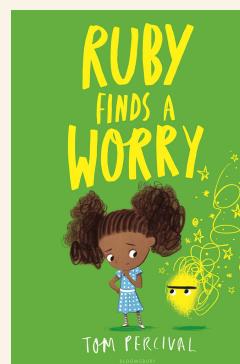
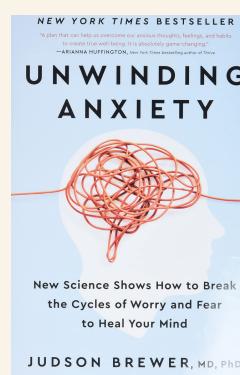
Sometimes, we are unaware of our feelings of anxiety, yet they can still impact how we think, behave and interact with others. Thus, being able to recognize when you are feeling anxious is extremely important. A few examples of how anxiety is experienced:

- constant worry about your child especially when they are not home
- persistent fear that your child is not developing at an "appropriate" speed (each child develops at their own pace!).
- trouble sleeping, fatigue & headaches



Books to Read

Reading books about anxiety can help you develop a deeper understanding about your feelings and how you can regulate these emotions. Some of these books also include emotion-regulation strategies for children too.



How does anxiety affect my child?

- Parents' feelings of anxiety can impact their parenting practices, such as expressing less warmth and withdrawing from family interactions.
- Anxious parenting can lead to potential mental health risks for children, such as depression.
- There are health risks associated with early anxiety among children

What do I do when I feel anxious?

Potential strategies:

- Focus on breathing in and out. This can help to calm you down and increase blood flow.
- Fight-flight-freeze: this is a fear response in which you may act upon one of the three mentioned responses. When you are feeling anxious, try to acknowledge the feelings of nervousness or worry
- Disengage: instead of arguing on a topic further, give some time to yourself and your child to cool down and return to the issue later