

STEPS TO HELP CHILDREN WITH ANXIETY AND BUILD RESILIENCE



Step 1

Understand Anxiety:
Recognize the signs and impact of anxiety in children

Step 2

Create a Supportive Environment: encourage talking and show empathy

Step 3

Active Listening: Validate feelings, ask open-ended questions, and show genuine interest.

Step 4

Teach Self-Regulation and Coping Skills



Step 5

Develop Problem-Solving Skills: Like STOP and “What if?”

Support Adult Well-Being with boundaries and tools

Step 6

Strengthen Resilience through independence and growth mindset

Adapt strategies to the child's developmental level

Step 7