

# 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 8

Support Adult Well-Being with boundaries and tools

## Step 7

Adapt strategies to the child's developmental level

## Step 6

Strengthen Resilience through independence and growth mindset

## Step 5

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