

Supporting an Anxious Teen

This programme has been designed for parents and carers of teenagers, ages 12 - 18, who are looking to support their teen in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety. This programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling the teen to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

Parents and carers will gain an understanding of how anxiety affects their teenager, the anxiety cycle, and strategies to help their teen manage and alleviate these feelings and behaviours. The programme will encourage parents and carers to focus on the positive aspects of anxiety, and to normalise anxiety in conversations with their teens.



Positive Communication

Through positive communication techniques, parents and carers will learn proactive problem-solving strategies, and better ways to communicate with their teenagers. They will be able to use these skills to help their teens develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem and proactive problem solving. Teens will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.



Proven Tools

Relaxation Activities

Quizzes

Body Map Exercise

CBT Cycle

Breathing Exercise

Family Problem Solving Tools

5 Senses Relaxation Activity

Facing Fears Ladder

Muscle Relaxation

Building Self-Esteem Activity

Modules

Parenting an Anxious Teen

Parenting Positively

Parenting Positively

Problem Solving

Changing Thoughts

Facing Fears

Creating a Plan

Going Forward

Talk to us today

Contact Us



For more info visit:

<https://hub.gmintegratedcare.org.uk/mental-health/silvercloud-programmes-for-parents-and-carers/>

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