#NAMIcon16

How To Help Children Handle Stress & Anxiety

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About Your Speaker

• Healthy Mind – Successful Life
• Miss International 2015
• NAMI National Ambassador
• Current Work
Objective For Today

• How To Scan Your Child’s Environment For Potential Stressors

• What Behavioral Signs To Look For In A Stressed Or Anxious Child

• Three Key Strategies To Help Children Handle Stress & Anxiety / Ways To Eliminate Environmental Stressors
Scan The Child’s Environment

- Family Life
  - Stable?
  - Parental Involvement?
  - Sibling Relationships?

- School Life
  - Social Group?
  - Competitiveness
  - Peer/Teacher/Parental Pressures?

- Extracurricular Activities
  - Balanced?
  - Add Value?
Behavioral Signs

- Out-of-Character Behaviors
- Agitation and Distress
- Seeking Reassurance
- Avoidance
- Inability to Focus
- Physical Complaints
- Reluctance / Refusal to Participate
- Perfectionism
Strategy #1

“The 3 R’s”
Recognition of Symptoms
Recognition of Stressors
Response
Strategy #2

“Vent – Coach – Intervene”
Strategy #3

“ERB”

Eliminate – Replace – Boundary
Questions?

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