

#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



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Questions?

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