



# CHC's Stress & Anxiety Collection

## Guiding Questions

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**Anxiety can be caused by stress.** Sometimes stress is helpful (it can be motivating and improve performance) and sometimes it's not (when it causes anxiety, decreases performance, feels like it's out of our control).

Over the past year, we have all been dealing with stress in different ways. When stress is ongoing it can cause anxiety — and we are seeing that in our kids.



1. **What are you observing in your kids that causes you to think they are experiencing anxiety?**
2. **When do you feel most anxious? When do you see your kids feel most anxious?**
3. **What coping strategies do you use (or can you use) to help when you're anxious?**

**Self-awareness** is defined as the conscious knowledge of one's own values, feelings, and desires. It's essential to coping with anxiety.

4. **How can you build greater self-awareness in stressful situations?**
5. **What tools can you use in these situations to reduce your anxiety? (Both for yourself and for your children.)**



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**Mindfulness** is the ability to stay in the present. Being mindful and practicing mindfulness strategies can help to keep you (and your child) in the present vs. ruminating on the past or worrying about the future.



6. List your favorite mindfulness strategies or identify 1 or 2 mindfulness strategies you can try.

**Self compassion is treating yourself with kindness.** People who practice self compassion are happier, less stressed and more resilient.

7. How can self compassion help you as you cope with your anxiety?
8. How can you teach self compassion to your kids to help them cope with their own anxiety?



## Closing Thoughts

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9. What are 1-2 strategies you can implement in your family or for yourself that will help you in coping with anxiety in yourself, your family, your kids?

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