



Anxiety During Adolescence

How to strengthen against anxiety and build courage and resilience.

Everyone experiences anxiety at some time, but add in the whirlwind of changes that come with adolescence, and anxiety can feel bigger than it deserves to. This dynamic presentation will provide adolescents with powerful, practical information and strategies to help them strengthen against anxiety, move through challenges, expand their self-belief and engage with the world with confidence, courage and strength – because the world can't be brilliant without them. Participants will learn:

- the science of anxiety – taking the 'anxiety out of anxiety' with an easy-to-understand explanation of the brain during anxiety;
- why anxiety feels the way it does;
- the relationship between anxiety and courage, and how to let courage lead;
- how the brain changes during adolescence, and how these changes can impact anxiety;
- the mindset that will strengthen teens against anxiety and towards courage;
- powerful, practical strategies to find calm when anxiety hits;
- how anxiety interferes with learning, and how to switch on the 'learning brain';
- how anxiety can affect performance (during exams, recitals, on the stage, or on the sports field) and how to loosen its grip;
- creating a shared language to strip the stigma from anxiety;
- how behaviours are built in the brain – why old responses to anxiety (anxious thoughts, avoidance, fight) can feel difficult to change, and the simple, powerful explanation that can help strengthen all adolescents towards healthy new behaviours;
- getting the foundations right – how to strengthen the brain against anxiety;
- building strong foundations – proven ways to strengthen the brain against anxiety;
- happy sleep – how to shift anxiety out of the way at bedtime;
- a conversation about courage – what all adolescents need to know.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.