



Strengthening Adolescents Against Anxiety

A presentation for any important adult in the life of a teen.

Anxiety can be tough for anyone, but add in the whirlwind of changes that come with adolescence, and anxiety can intrude on young lives more than it deserves to. If left unmanaged, anxiety can limit their reach into the world and their discovery of their very important place in it. It can also leave the adults in their lives who care about them feeling helpless – but it doesn't have to be this way. Anxiety is manageable, and our teens have a profound capacity to shift anxiety out of their way and move forward with strength. In this presentation, we will discuss:

- a new, empowering way for adolescents to think about anxiety and how to use this to manage anxiety;
- taking the 'anxiety out of anxiety';
- how anxiety can interfere with learning and performance, and how to get anxiety out of the way;
- the changes in the adolescent brain that can make teens more vulnerable to anxiety;
- proven, practical ways to calm and strengthen an anxious brain;
- the power of parents to move young people towards brave, and how to do this;
- how to respond to anxiety in the moment to make way for calm and courage;
- how all young people can switch on the relaxation response;
- the different ways anxiety can manifest, and what to do;
- building mindset that will strengthen against anxiety and make way for courage and resilience;
- how to build solid neural foundations that will strengthen the adolescent brain against anxiety, and how to engage young people in the conversation and behaviours that will make a difference;
- why new behaviours take time, why old responses can feel tough to change, and the simple explanation for teens that can build resilience and grit.



About Karen Young

Karen began her career 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.