



Who Doesn't Get Anxiety!

Strengthening children against anxiety and building courage and resilience.

Children are powerful when we empower them. This presentation will provide children with the information and strategies they need to strengthen against anxiety, move through challenges, and build their capacity for calm, courage and resilience. Children will learn:

- the science of anxiety – a child-friendly, fun explanation of what happens in the brain during anxiety;
- taking the 'anxiety out of anxiety' – making sense of symptoms and behaviours to dilute the power of anxiety to hold them back or hijack behaviour;
- how courage and anxiety always happen together;
- why anxiety can also feel like big tears or big anger – and what to do to;
- the two questions for children to ask to shift from anxious to brave;
- how to be the 'boss of their brain' so they can manage big feelings and feel braver, calmer, and stronger in the face of anxiety;
- how to switch on the relaxation response;
- nurturing the mindset that will open the way towards behaviour behaviour;
- the facts about anxiety that will normalise and destigmatise, so children can feel stronger asking for support or supporting each other when needed;
- what to do during anxiety to feel calm, brave, and to switch on the 'thinking brain';
- 'You can change your brain!' – how the brain builds new behaviours, why habits are hard to break, and how to expand the capacity to do hard things;
- what all children need to know about courage;
- happy sleeps – how to get anxiety out of the way at bedtime;
- building the foundations – the things all brains need to be their best.



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.