

Helpful Tips and Facts for Using *Put Your Worries Here* with Your Teen . . .

- Since adolescence involves more physical, emotional, and cognitive change than any other life stage, **it's normal for *any child at this age to experience anxiety***, making this book a great tool for every teen.
- **If your child needs help with anxiety but is resistant to counseling**, this book provides a teen-friendly introduction to anxiety reduction skills. Its nontraditional, creative approach also helps reduce the stigma around mental health.
- **If your teen is working with a counselor** on anxiety management, this book can assist the process. It offers evidence-based ways to practice reducing anxiety, and can be a source of help between sessions. Because of its lighthearted format, it offers a break from the more intense traditional talk therapy.
- **Some teens are actually interested** in increasing their self-awareness and practicing self-help on their own! This book makes a great gift for kids curious about emotional self-care.
- **Teen anxiety levels can increase before certain events**—like an oral presentation, competition, or new experience. At these times, remind your teen to try using this journal. It's a ready, convenient tool for reducing their anxiety in the moment.
- Your teen may have a low baseline level of anxiety (which means they experience less anxiety than the average adolescent). At some point, however, life will present a challenge that raises their anxiety. Working in this book as a form of prevention (practicing anxiety relief even before it shows up) **makes a teen more ready to handle anxiety in a healthy way** when it does occur.
- **If your teen resists talking about feelings**, this book can be used to open the topic. Presenting it with a comment like, "I thought this looked kind of fun" or, "I know you don't like talking about this stuff, but maybe you could give this a try" can start the conversation. At the very least, it will put a helpful tool into their hands, even if they don't share their thoughts and feelings with you.
- It's not uncommon for teens to reject their parents' suggestions, but then turn around and accept the same advice from another source. This book can provide that other **nonparental source of help for managing anxiety**. It gives the teen an arena for learning about and practicing anxiety management without feeling they're being preached to.

- Some teens are more open about their feelings, and can even tolerate working on anxiety reduction with you. If they're receptive, you can **try completing the prompts in this book together**.
- **If more than one family member needs help with anxiety**—and if they're receptive—prompts can be worked on as a family activity. (Don't feel bad if your teen will have nothing to do with this idea! There are some teens who will be okay with it, but probably more who will not.)
- If your teen shares with you any part of what they've expressed in this journal, do your very best to **listen and receive it *without judgment***. Criticizing their expressions can shut down communication, while acceptance can keep that channel open.
- **Use the journal yourself!** Yes, it's geared for teens, but it works for anyone who wants to relieve anxiety. One of the best things we can do for our kids is to be healthy ourselves. And working prompts designed with a teen flavor can help you remember what it felt like to be in the throes of adolescence and empathize more with your own teen.