

## Resources for Panic and Anxiety in Youth

### Summary information from presentation:

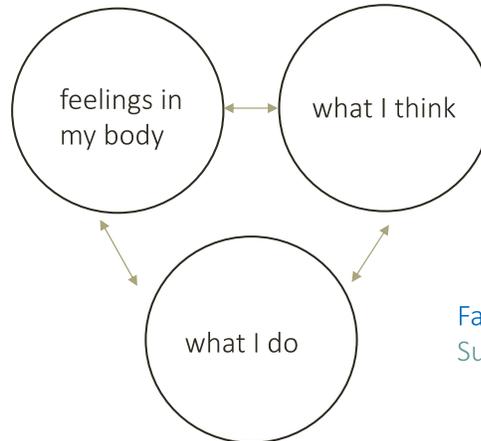
- Model of panic and anxiety:
  - o 1. Physiological → feelings in my body
  - o 2. Cognitive → what I think
  - o 3. Behavioural → what I do
- Strategies for youth are in blue, and strategies for caregivers in teal

Objective observer

Face feared body sensations

Relaxation

Emotion coaching



Detective thinking

Modeling

Praise

Facing feared situations

Supporting anxiety exposures

### Great websites:

Anxiety Canada

- Link [here](#) or <https://www.anxietycanada.com/articles/home-management-strategies-for-panic-disorder/>
- Provides:
  - o Information about anxiety and panic
  - o Detective thinking skills
    - Ways to combat probability overestimation and catastrophizing
  - o Facing feared body sensations and situations
    - List of at-home activities to combat feared body sensations
    - Tips for how to systematically face feared situations

Child Mind

- Link [here](#) or <https://childmind.org/article/what-to-do-and-not-to-do-when-children-are-anxious/>
- Provides
  - o Tips for parents or caregivers on what to do and not to do when children are anxious