

Alternatives to "Calm Down" for Anxious Teens

ANXIETY DO'S & DON'TS



"TELL ME ABOUT IT."

Let your teen know the door is open if and when they're ready.



"I'M LISTENING."

Listen instead of offering advice right away. The last thing our teens want right now is MORE unsolicited advice. ;)



"LET'S BREATHE."

Breathing together and talking it out sure beats breathing alone.



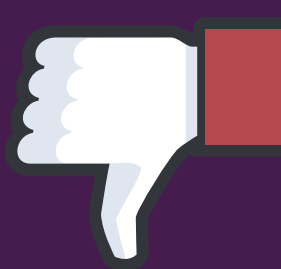
"LET ME HELP."

Let your teen know you're ready, willing, and able to help in any way you can.



"HOW BAD IS IT?"

Use a 1 to 10 scale to discuss how bad the anxiety is at this very moment.



"CALM DOWN."

This phrase tends to put anxious teens on the defense.



"GET OVER IT."

Minimizing their anxiety will only make it worse. Anxiety is very real, especially during a panic attack.



"IT'S ALL IN YOUR HEAD."

This is not true at all! Even if it was true, it's the last thing your anxious teen needs to hear.



"IT'S NOT THAT BAD."

Don't minimize their very real fears by saying it's not that bad. Offer support instead.



"YOU'RE FINE."

In that moment when anxiety has taken over, they're not fine. Ask how you can help rather than using condescending phrases.

See this article in full at slapdashmom.com/anxious