



## Weekly Newsletter

# How to Manage Parent Anxiety with Going Back to School

-Stephanie Brekstad, LCMHCA



### Accept Uncertainty

Accept that you will feel conflicted about the decisions regarding school and the new routine. It is normal to want to seek out professional opinions about keeping kids safe during this time. It is helpful to remember that in looking for certainty can cause more distress when we are unable to find it. Try your best to be realistic and patient about the circumstances and do what you can with what you do know.

Try to distinguish between unproductive and productive worries

Do not ruminate about circumstances that cant be controlled or changed. Recognize when you are letting yourself dwell on situations or decisions for too long. Focus on engaging in productive problem solving to come to a concrete decision.

Stop fighting with your feelings

When unproductive worries or overwhelming feelings come, engage in creating space for more productive thinking. Do something to distract you for some time, do not allow yourself to fall into a downward spiral of rumination and worry. When you find yourself doing so, try naming your worries. Practice being an observer of your thoughts and worries. You don't have to let yourself go through your worries and reassure yourself, you can let them be. What we do with our bad feelings and thoughts can influence how we are affected.

#### Cultivate Compassion

Practice self-compassion. Monitor your self-talk Reassess your standards for solving problems. Are you holding yourself to impossible standards? Are you blaming yourself for situations that are outside of your control? Try not to judge yourself. Reframe some of your judgmental and self blaming thoughts by thinking, "I'm doing the best I can and making the best choices I can with the information I have."

#### Pay attentions to grief and guilt

Some parents may experience grief over a loss of what school used to be. Some may feel guilt for their child not being able to experience school the way they are used to. Allow yourself to feel the sadness of your child not getting the school year they are used to. Some may feel sadness over their child starting school in this unfamiliar and different way. Let yourself feel these feelings and do not try to avoid them. Once you can confront and accept these emotions, some relief can be felt.

#### Practice flexibility

Reinforce your ability to recognize and respond to changes in real time. Reflect on situations in your life where you have experienced uncertainty and unexpected change. Lean into the positive ways that you got through those times. Reflect on what you learned from those situations and how managing these unpredictable times can be helpful as well.

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## **Happening Now!**

# Personal Empowerment & Growth Group

Common difficulties teens who need empowerment  
experience:

- Negative self talk
- Low motivation
- Decline in previous activities
- Lack of hope in relation to the future
- Difficulty making and maintaining new friends
- Frequent comparison to peers
- Difficulty taking compliments

In group your teen will learn:

Self-acceptance and gratitude  
Improve self esteem and self confidence  
Identify internal strengths  
Distinguish between internal and outer beauty  
Understand cultural influences on beauty expectations  
Develop healthy social media consumption habits  
Increased ease in answering the question, "who am I?"



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Deposit \$200  
\$50 each meeting

# VIRTUAL DEPRESSION & ANXIETY GROUP 11-13

IS YOUR TWEEN EXPERIENCING CHANGES IN  
THEIR APPETITE  
WITHDRAWING FROM FRIENDS AND ACTIVITIES  
DECLINES IN GRADES  
A CHANGE IN NORMAL BEHAVIOR OR  
PERSONALITY  
INABILITY TO ENJOY LIFE

Research has shown that children who experience depression are at a greater risk of their symptoms increasing in severity and engaging in dangerous behaviors. Our group can help! Your child can learn valuable skills for overcoming their depression and live healthier lives.

Email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com)

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Monday @ 4pm

\$200 Deposit

\$50 per session



# DEPRESSION & ANXIETY GROUP (9-11)

VIRTUALLY TUESDAY 5-6PM

FOR THOSE EXPERIENCING:

SADNESS, OR A LOW MOOD THAT DOES NOT GO AWAY  
NOT BEING INTERESTED IN THINGS THEY USED TO ENJOY  
FEEL EMPTY OR UNABLE TO FEEL EMOTIONS (NUMB)  
PHYSICAL SYMPTOMS, SUCH AS HEADACHES AND STOMACH  
ACHES.

BEING VERY AFRAID OF SCHOOL AND OTHER PLACES  
WHERE THERE ARE PEOPLE  
BEING VERY WORRIED ABOUT THE FUTURE AND ABOUT BAD  
THINGS HAPPENING

THIS GROUP CAN HELP BY:

OFFERING SUPPORT AND A SAFE SPACE  
AMONG OTHERS GOING THROUGH SIMILAR  
EXPERIENCES

LEARNING VALUABLE SKILLS TO COPE  
BUILDING CONFIDENCE AND POSITIVITY  
BUILDING UNDERSTANDING OF WHAT THEY  
ARE EXPERIENCING

\$200 DEPOSIT

\$50 PER GROUP

To learn more visit

[www.ncpsychologist.com/grouptherapy](http://www.ncpsychologist.com/grouptherapy)

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email [info@ncpsychologist.com](mailto:info@ncpsychologist.com)

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