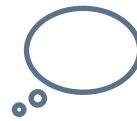
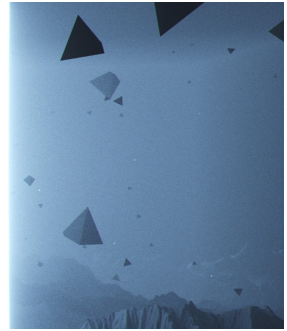


WHAT DO WE DO ABOUT ANXIETY?



**WEEK ONE**  
**PSALM 56:1-4**

There are tools  
to take on anxiety.

**REMEMBER  
THIS:**

When I am afraid,  
I put my trust in you.  
**PSALM 56:3 NIV**



**THINK ABOUT THIS:**

High school has always been stressful, but research tells us that teenagers today are facing more anxiety than ever. In this phase, teenagers face stressors that many of us adults never had to consider (Hello, Snapchat!). And, they're still developing the tools to navigate those complex situations and emotions. That's why this week we want to remind students that they don't need to face life alone, and that there are tools they can use to overcome the stress and anxiety they may be facing.

We know approaching conversations about anxiety with your high schooler can be tough, so our partners at Parent Cue created a conversation guide to help you navigate this topic with your kid. Find the conversation guide and more at [theparentcue.org/resources](http://theparentcue.org/resources).

 DO THIS:**MORNING TIME**

Starting off the day with something positive can set the right tone as your teen navigates potentially stressful situations throughout the day. One morning this week, write an encouraging note to your student and include a surprise (\$5 gift card, favorite gum, candy). Leave it where they'll see it before they leave for school. Spontaneous acts of love and support remind your teen that you are on their team.

**MEAL TIME**

By the time your teenager gets to the dinner table, they've likely had hundreds of small moments throughout their day that have impacted them positively or negatively. Over dinner one night this week, help them pause and process some of those moments. Ask your teen to tell you one good thing AND one thing that was irritating or stressful in their day. If they seem open, ask how it impacted other parts of their day and how they worked through the stress in the moment.

**THEIR TIME**

Good self-care habits are essential for dealing with stress, but finding time for self-care is difficult even for teenagers. Next time your teenager complains of being stressed out, help them identify a few hours where they can nap, workout, relax, or decompress. Maybe even offer to let them take a few hours out of their school day or practice schedule to take care of themselves. Hearing you say rest matters as much as school or sports can go a long way in how they value self-care.

**BED TIME**

Sleep is critical to mental health, and worry can prevent a good night's rest. Help your kid set aside the things that worry them at the end of the day by giving them a jar, small slips of paper, and a pen. At night when their mind fills with all the things that stress them out, encourage them to write each one on a slip of paper and place it in the jar. Things in the jar are set aside so their mind can relax and allow for good sleep.

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