

Anxiety: When Does it Become a Problem and How to Support Your Anxious Teen

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Important Note

The information provided through this presentation is for educational purposes only. As such, this presentation is not intended to serve as treatment or intervention, and the information provided should not replace the guidance of a mental health professional with whom you have an established therapeutic relationship.

Adolescent Development

Remember what it was like to be a teen?

- Developmental Tasks of Adolescence
- Adolescent Development in 2018



“Maybe I could get a phone minutes bail-out package.”

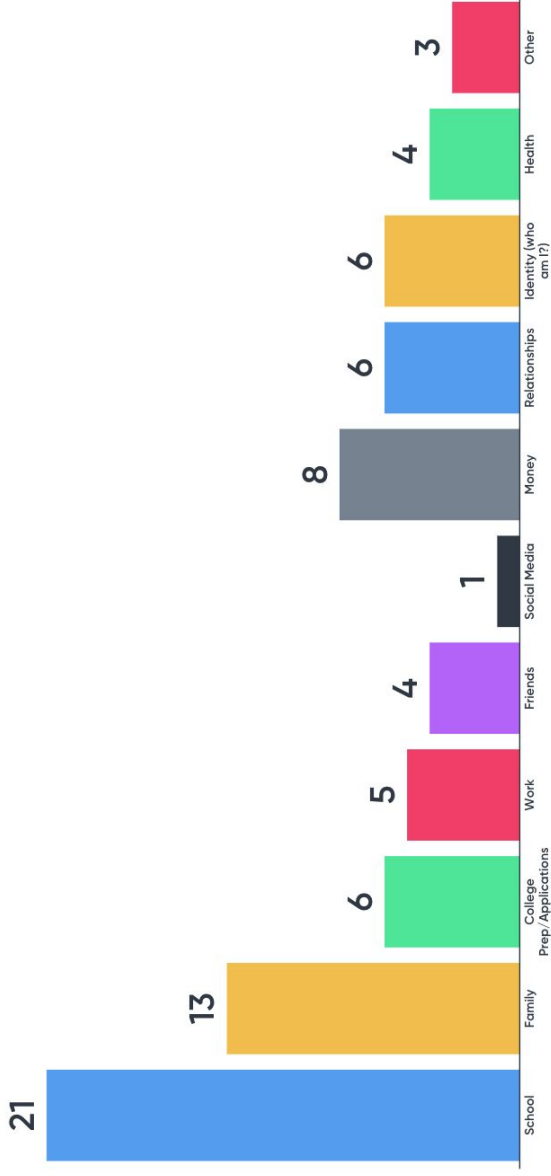
Common Stressors

- [What do you think stresses out your teen the most?](#)
- What teens actually say...



What Teens Say...

What Stresses You Out?



When Does Anxiety Become a Problem?

- When it becomes prolonged and/or excessive in relation to the circumstance(s)
- When it interferes in necessary functioning
- When it interferes in desires/goals

Brief Overview of the Following Anxiety Disorders

- Specific Phobia
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Selective Mutism
- Panic Disorder
- Agoraphobia
- Separation Anxiety Disorder

Who Owns the Problem?

When to intervene, and when to chill

First Steps to Helping Your Teen

- Validation
- Modeling
 - [Mindfulness](#)
 - Cognitive coping
 - Prioritizing self-care
 - Setting boundaries
- Externalizing Symptoms
- Strength Identification



“Do”s and “Try-Not-To’s-Unless-You-Have-a-Specific-Reason”

DO	TRY NOT TO (UNLESS...)
Listen, Ask questions	Provide reassurance; Assume that if you can do it, they can; Ignore
Challenge thoughts, gently, with empathy and questions	Push
Teach and Model	Take over, Do nothing
Gradually withdraw your behaviors that enable anxiety/maladaptive behaviors	Withdraw support
Celebrate successes (which may look different for each teen)	Dismiss successes
Have a growth mindset	Have a fixed mindset
Help them bounce back from mistakes	Criticize

S.O.S.

When You May Need to Seek Additional
Support

- Teen Factors
- Parent Factors
- Risk/Safety Factors

S.O.S.

Where to Go for Additional Support

- Immediate danger = 911
- School counselor/mental health provider in the school setting
- Therapy providers external to the school setting
- Psychiatrists and other physicians/providers in the field of medicine
- Assessment services

Questions?