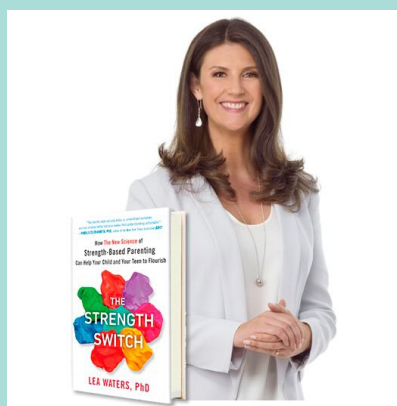


# STRATEGIES TO HELP *Anxious Teens*

ADVICE FROM LEA WATERS



## ABOUT LEA WATERS

Professor Lea Waters is a Psychologist, Researcher, Professor, Internationally recognised Keynote Speaker, Author of 'The Strength Switch', and an awarded Member of the Order of Australia due to her upstanding service for Mental Health.

## HOW TO SPOT THE SIGNS

### Physical Signs

- Hyper-vigilance, fatigue, muscle tension, change in sleeping patterns, restlessness

### Emotional Signs

- Fear, anxiety, worry, teariness, mood swings

### Cognitive Signs

- Racing thoughts, difficulty concentrating, irrational fears and dread

## FOR MORE INFO



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12 million  
Australians

1 in 12  
Teenagers

#1  
describing  
word

**Anxiety is the #1 word teenagers use to describe their feelings around Covid-19**

## TIPS TO MANAGE ANXIETY

### Writing Worry Post-it-notes

Writing down your worries can simply help to put thoughts into perspective and make them tangible.

### Dedicate Time to Worry

Scheduling a specific time in the day to worry so that it does not interfere with sleep or daily routine.

### Putting it into Perspective

Come up with a best case scenario, worst case scenario and most realistic outcome

### Find and use your Character Strengths

Discuss your individual and shared strengths and how you can use those to get through stressful times.

<https://www.viacharacter.org/survey/account/register>

### Normalise Therapy and Getting Help

Talk about Mental Health as you would Physical Health. Acknowledge that it's okay to seek help.

### Practice Mindfulness

Utilise apps, enjoyable activities, online resources to take time to focus on the present moment

## E-SOURCES

- ★ My Compass
- ★ Smiling Mind
- ★ Headspace
- ★ Black Dog Institute
- ★ Mood Tracker

DESTINATION  
*Happiness*

HAPPY  
MIND