

WEBVTT

1 "Dana andersen" (3939769600)

00:00:03.989 --> 00:00:18.449

Hello welcome and thank you for calling and to signals 2023 children and family awareness theories. My name is Dana Anderson, and I am a coaching and support care manager here at Cigna.

2 "Dana andersen" (3939769600)

00:00:18.449 --> 00:00:33.420

And during the presentation, you will be able to, uh, place any questions that you may have in the slide and we will go ahead and let Dr Alton answer them while we are in the presentation.

3 "Dana andersen" (3939769600)

00:00:33.420 --> 00:00:46.410

And also a hand out for today's seminar is available online at Cigna com, forward, slash children families and please note that not all policy.

4 "Dana andersen" (3939769600)

00:00:46.410 --> 00:00:58.920

Cover today's topic for more specific information. If your policy covers topics discussed in today's seminar, please contact the number on the back of your insurance card.

5 "Dana andersen" (3939769600)

00:00:58.920 --> 00:01:04.470

And so today I have the pleasure of introducing Dr Myra Oldman.

6 "Dana andersen" (3939769600)

00:01:04.470 --> 00:01:15.420

And a brief description of a seminar is many people of all ages struggle with anxiety and it's not always easy to understand or navigate.

7 "Dana andersen" (3939769600)

00:01:15.420 --> 00:01:21.630

Our family, mental health care provider bright line is hosting a free webinar about anxiety.

8 "Dana andersen" (3939769600)

00:01:22.135 --> 00:01:35.365

So now we are joining Dr, Myra Altman licensed clinical psychologist and chief clinical officer at bright line for 45 minutes. Of course session for parents and caregivers, covering what?

9 "Dana andersen" (3939769600)

00:01:35.365 --> 00:01:38.725

Anxiety and how to explain it to young people. people

10 "Dana andersen" (3939769600)
00:01:39.565 --> 00:01:53.665
Helping your kids identify what to do, and what you can do to support them. And a little bit about Dr. Dr. is a licensed clinical psychologist and again, the chief clinical officer app bright line.

11 "Dana andersen" (3939769600)
00:01:54.325 --> 00:01:58.525
She holds a PhD in clinical psychology from Washington.

12 "Dana andersen" (3939769600)
00:01:58.800 --> 00:02:06.030
University in St Louis where her research focused on health behavior change for kids and families.

13 "Dana andersen" (3939769600)
00:02:06.030 --> 00:02:10.200
She has spent over a decade providing evidence based.

14 "Dana andersen" (3939769600)
00:02:10.200 --> 00:02:14.730
For anxiety or and health psychology.

15 "Dana andersen" (3939769600)
00:02:14.730 --> 00:02:18.750
Sleep cycle on oncology.

16 "Dana andersen" (3939769600)
00:02:18.750 --> 00:02:33.690
She completed a fellowship and value based care at Stanford universe diversity, which solidified her interest in changing the way health care is delivered to ensure access to high quality sustainable and equitable care.

17 "Dana andersen" (3939769600)
00:02:33.690 --> 00:02:42.090
Prior to joining bright line, she was part of the early team at modern health, a comprehensive employer, mental health benefits.

18 "Dana andersen" (3939769600)
00:02:42.090 --> 00:02:48.390
Where she built and lead the clinical strategy and research team and focused on care model development.

19 "Dana andersen" (3939769600)
00:02:48.390 --> 00:02:55.680
Provider network, quality, product, innovation, research, digital tools, and go to market efforts.

20 "Dana andersen" (3939769600)

00:02:56.185 --> 00:03:11.185

Myra is passionate about clinical innovation to improve access and quality and bleeds deeply in supporting care providers to ensure they have a strong community can sustainably deliver excellent care and have

21 "Dana andersen" (3939769600)

00:03:11.185 --> 00:03:13.045

joy in meaning in their work.

22 "Dana andersen" (3939769600)

00:03:13.290 --> 00:03:16.470

So, we would like to thank you for being here.

23 "Dana andersen" (3939769600)

00:03:16.470 --> 00:03:19.770

You are welcome to now start your presentation.

24 "Myra Altman, PhD" (1298264320)

00:03:19.770 --> 00:03:27.360

Wonderful Thank you so much for that introduction data. And I really am so thrilled to be here with you all the topic that is.

25 "Myra Altman, PhD" (1298264320)

00:03:27.385 --> 00:03:37.555

Near and dear to my heart. So I'm really excited to dig in as Dana mentioned. Please feel free to ask questions throughout. I want to make sure that this is really useful for you and you're getting out of it.

26 "Myra Altman, PhD" (1298264320)

00:03:37.555 --> 00:03:42.655

What you hoped you would, when you took the time to join the session so really appreciative of everyone joining.

27 "Myra Altman, PhD" (1298264320)

00:03:44.215 --> 00:03:52.195

So we're going to be talking today about identifying and addressing anxiety for youth I think, for a lot of people this is a really,

28 "Myra Altman, PhD" (1298264320)

00:03:52.195 --> 00:04:03.295

really pertinent topic we've seen really big increases and anxiety and depression in other mental health concerns across all age groups. But particularly in children.

29 "Myra Altman, PhD" (1298264320)

00:04:03.530 --> 00:04:15.060

Teens adolescence, and this is really a worrying trend. So I know a

lot of parents are really concerned and want to understand how to identify when this is a concern for my child. And then what do I do about it.

30 "Myra Altman, PhD" (1298264320)
00:04:15.355 --> 00:04:29.815

So, that's the goal of this is just to give you an introduction into those topics. Of course, this is not medical advice. So always reach out to your care provider for specific medical advice. But this is hopefully a good introduction in a way to answer. Some of your questions.

31 "Myra Altman, PhD" (1298264320)
00:04:31.409 --> 00:04:40.589

So, let's talk a little bit about anxiety so I want you all to think for a 2nd, is your child experiencing any anxiety?

32 "Myra Altman, PhD" (1298264320)
00:04:41.334 --> 00:04:54.744

The answer is presumably, yes, if we ask that question about ourselves, are we all experiencing any anxiety. The answer would of course. Be. Yes. And that's because anxiety is an incredibly normal emotion. We actually want to have anxiety.

33 "Myra Altman, PhD" (1298264320)
00:04:54.744 --> 00:05:00.444

It's a really useful emotion. We just get concerned. When it becomes impairing to the rest of our.

34 "Myra Altman, PhD" (1298264320)
00:05:00.589 --> 00:05:07.229

When it's getting in wet in the way of us doing the things we care about or being the kind of person we want to be.

35 "Myra Altman, PhD" (1298264320)
00:05:07.229 --> 00:05:12.149

And so just to ground us in what anxiety is and the function of service for us.

36 "Myra Altman, PhD" (1298264320)
00:05:12.149 --> 00:05:19.584

It's really when anxiety is in the range of sort of the normal everyday to anxiety it's a really helpful system.

37 "Myra Altman, PhD" (1298264320)
00:05:19.854 --> 00:05:30.444

It's our natural system that tells us, hey, there's something that we should pay more attention to there's something that we should be concerned about again. Really really useful not something we want to get rid of.

38 "Myra Altman, PhD" (1298264320)

00:05:30.899 --> 00:05:39.689

A useful analogy is to perhaps think about it as a fire smoker alarm, we want to have them. We want to have some sort of system that tells us.

39 "Myra Altman, PhD" (1298264320)

00:05:39.689 --> 00:05:44.789

When we should be concerned about something in the environment so that we can help protect ourselves.

40 "Myra Altman, PhD" (1298264320)

00:05:44.789 --> 00:05:49.319

This is really, really useful you can think about why this evolved. Right? So, we.

41 "Myra Altman, PhD" (1298264320)

00:05:49.319 --> 00:05:54.899

Want to be able to if something in the environment happens, we want to be able to react really quickly with our fight.

42 "Myra Altman, PhD" (1298264320)

00:05:54.899 --> 00:06:05.964

Fight fight or flight response so if you think about if you're walking down the street and a car comes at, you really suddenly you want your body to kick into that anxiety mode kick into fight or flight mode.

43 "Myra Altman, PhD" (1298264320)

00:06:06.084 --> 00:06:11.094

And get you out of the way of that danger as quickly as possible without that system.

44 "Myra Altman, PhD" (1298264320)

00:06:11.609 --> 00:06:20.009

The world would be a much more dangerous place. Fortunately society doesn't have that many of those major stressors anymore.

45 "Myra Altman, PhD" (1298264320)

00:06:20.009 --> 00:06:30.659

What we do have is this constant, low level of stress around us and so this system that evolved really, really well to deal with those sudden spikes and anxiety or sudden stressors.

46 "Myra Altman, PhD" (1298264320)

00:06:30.659 --> 00:06:37.709

It doesn't necessarily work as well in a society where we're just constantly being bombarded by little stressors.

47 "Myra Altman, PhD" (1298264320)

00:06:37.709 --> 00:06:50.699

And so that's when the anxiety becomes problematic. So, if it's constantly having these spikes of anxiety, when there isn't necessarily a truer, real danger or fear in the environment. So to go back to our.

48 "Myra Altman, PhD" (1298264320)

00:06:50.699 --> 00:06:57.179

Fire alarm smoke, alarm analogy. This would be if the alarm is going off when there's no smoke and there's no fire.

49 "Myra Altman, PhD" (1298264320)

00:06:57.179 --> 00:07:09.684

You can imagine if you had that alarm going off in your house constantly, that would be in itself. Really, really stressful. So, our goal is we want to recalibrate the alarm. We want to get the alarm to understand. Hey, when should I be going off?

50 "Myra Altman, PhD" (1298264320)

00:07:09.804 --> 00:07:13.914

When is this a really valid fear in danger that I can do something about?

51 "Myra Altman, PhD" (1298264320)

00:07:14.339 --> 00:07:25.049

And when is this something that actually it's just part of life and I want to learn how to manage and get through. So we're not trying to remove the batteries. We don't want to not have anxiety.

52 "Myra Altman, PhD" (1298264320)

00:07:25.049 --> 00:07:32.159

We just want to recalibrate the system and the reason I stress that part is so often in therapy.

53 "Myra Altman, PhD" (1298264320)

00:07:32.159 --> 00:07:35.819

When people are coming in for anxiety, and we talk to them about what your goals are.

54 "Myra Altman, PhD" (1298264320)

00:07:35.819 --> 00:07:46.679

I can't tell you the number of times people say, well, I I don't want to have anxiety and there's a lot of work we have to do to help folks understand that. That's 1 not a realistic goal. I don't know anyone in the world who never has anxiety.

55 "Myra Altman, PhD" (1298264320)

00:07:46.679 --> 00:07:54.389

But 2, it's also probably not a very helpful goal because there is again that really valuable system that anxiety plays.

56 "Myra Altman, PhD" (1298264320)

00:07:54.389 --> 00:08:04.949

In our lives, and so 1st, and foremost, I think just as we talk about what anxiety is helpful, hopefully to have that understanding of, like, this is a helpful and useful part of our.

57 "Myra Altman, PhD" (1298264320)

00:08:04.949 --> 00:08:08.849

Functioning, we just want to make sure that it's functioning the way it should.

58 "Myra Altman, PhD" (1298264320)

00:08:08.849 --> 00:08:12.539

And I think this is something that can be really validating for adults.

59 "Myra Altman, PhD" (1298264320)

00:08:12.539 --> 00:08:20.759

But also, for kids to help them understand that, of course, you're experience anxiety that's normal. Now, let's figure out ways to manage that. So it doesn't interfere.

60 "Myra Altman, PhD" (1298264320)

00:08:20.759 --> 00:08:28.289

With your life, and again, I'll just give a reminder to throw any and all questions that you have in an, I'll address them as we go.

61 "Myra Altman, PhD" (1298264320)

00:08:29.634 --> 00:08:41.004

Okay, let's talk a little bit about the different flavors of anxiety. So anxiety can look and feel many, many different ways again a fun analogy. It's like ice cream, right?

62 "Myra Altman, PhD" (1298264320)

00:08:41.004 --> 00:08:48.264

There are lots of different flavors and for some of us, there are particular flavors of anxiety that show up really, really frequently.

63 "Myra Altman, PhD" (1298264320)

00:08:48.289 --> 00:08:52.079

So, you can put on sort of your adult hat.

64 "Myra Altman, PhD" (1298264320)

00:08:52.079 --> 00:09:02.849

You might particularly get worried about finances very often, or you might always worry about social situations. You might be the type of person who, when you go to the ice cream parlor, you get the same flavor each time.

65 "Myra Altman, PhD" (1298264320)

00:09:02.849 --> 00:09:13.734

For others, we experiment with lots of different flavors and different things causes anxieties at different times and it's a little bit more general. Our kiddos are exactly the same.

66 "Myra Altman, PhD" (1298264320)

00:09:14.334 --> 00:09:19.914

So there might be different flavors or ways that your anxiety or your child's anxiety might.

67 "Myra Altman, PhD" (1298264320)

00:09:20.219 --> 00:09:29.904

Present, and I'll talk about some of the common themes for our kiddos. The important thing to be aware of is that we eat them all the same way or we treat them all the same way.

68 "Myra Altman, PhD" (1298264320)

00:09:29.904 --> 00:09:40.104

So the interventions and the things that really help and work for anxiety are going to be the same, no matter what the flavor is. It's going to look a little different, but the core principles are gonna be the same.

69 "Myra Altman, PhD" (1298264320)

00:09:40.219 --> 00:09:45.779

Some common themes that we see in terms of those flavors for kids.

70 "Myra Altman, PhD" (1298264320)

00:09:45.779 --> 00:09:49.739

Are separating from primary caregivers or other safety figures.

71 "Myra Altman, PhD" (1298264320)

00:09:49.739 --> 00:09:58.794

Can imagine if you have a secure safe attachment, when you're removed from those folks, it can be scary. You're going out into the world without that concrete safety.

72 "Myra Altman, PhD" (1298264320)

00:09:59.124 --> 00:10:09.114

It can actually be again a really good sign that your child has strong attachment to you or to other caregivers, but obviously can be really overwhelming and we want to understand how to deal with it.

73 "Myra Altman, PhD" (1298264320)

00:10:09.539 --> 00:10:14.819

Another really common theme or flavor is social situations.

74 "Myra Altman, PhD" (1298264320)

00:10:14.819 --> 00:10:28.679

So that might be social situations at school. It might be when new people come over to the house, it might be in the playground. So, again, it could look a little bit different, but related to meeting new people having to.

75 "Myra Altman, PhD" (1298264320)

00:10:28.679 --> 00:10:36.569

Do activities in front of new people so it might be really stressful when people ask some, a kid to read in front of them. For example, when they're put on the spot.

76 "Myra Altman, PhD" (1298264320)

00:10:36.569 --> 00:10:43.679

Another really common theme that we see is worrying about being good enough for doing well enough.

77 "Myra Altman, PhD" (1298264320)

00:10:43.679 --> 00:10:53.669

Worrying about grades so related really to that school context and my smart enough. Am I doing enough and some concerns and worries that come up in those domains?

78 "Myra Altman, PhD" (1298264320)

00:10:54.684 --> 00:11:04.314

Another really big area, and I think this obviously has seen a big spike since covid is worried about health safety germs, or contamination.

79 "Myra Altman, PhD" (1298264320)

00:11:04.704 --> 00:11:13.644

And again, this is where it's really helpful to distinguish between what is normal worry and what's unhelpful or maladaptive worry at the peak of there was a lot.

80 "Myra Altman, PhD" (1298264320)

00:11:13.669 --> 00:11:28.229

More hand, washing happening, for example, that might have been considered normal and helpful and healthy in that time, period, but perhaps less. So when there's not an acute thread of a pandemic. So it's always thinking about what's healthy and adaptive and helpful.

81 "Myra Altman, PhD" (1298264320)

00:11:28.229 --> 00:11:41.399

Versus what's maybe unhelpful in living the life that you want to live. So, anxiety is preventing your kid from going out from going to the playground. That would be a time to really think about. There's a concern here that we want to address.

82 "Myra Altman, PhD" (1298264320)

00:11:41.399 --> 00:11:45.719

A, really, really big 1 is fear of the unknown.

83 "Myra Altman, PhD" (1298264320)

00:11:45.719 --> 00:11:55.884

You can imagine again for adults that's also scary. Right? When we don't know when something's gonna happen but for kids, there's so much more that's unknown. And we don't know what that's going to bring.

84 "Myra Altman, PhD" (1298264320)

00:11:55.884 --> 00:12:05.544

And so, for some people that might bring a lot of excitement, and for others, it might bring worries or fears or anxieties because who knows what will come and will it be something good? Will it be something? I can.

85 "Myra Altman, PhD" (1298264320)

00:12:05.719 --> 00:12:12.629

Will it be something I can manage? So changes come into that as well as a big area we see.

86 "Myra Altman, PhD" (1298264320)

00:12:12.629 --> 00:12:16.739

Another really come and see thing we see as failure.

87 "Myra Altman, PhD" (1298264320)

00:12:16.739 --> 00:12:23.609

Uh, worry about failure worry about not succeeding worry about not making their parents proud, et cetera.

88 "Myra Altman, PhD" (1298264320)

00:12:23.609 --> 00:12:30.329

So these are different flavors that we see, I would encourage you all to just take a moment and think about.

89 "Myra Altman, PhD" (1298264320)

00:12:30.329 --> 00:12:35.219

What are the flavors that show up for you? What are the flavors that you maybe have seen?

90 "Myra Altman, PhD" (1298264320)

00:12:35.219 --> 00:12:40.409

For your kiddos that's our I do have a question.

91 "Dana andersen" (3939769600)

00:12:40.409 --> 00:12:53.214

Fabulous. Okay, so my son, 11 years old has anxiety, not formally diagnosed, but it's there. He has a habit of picking at his fingers almost all the time.

92 "Dana andersen" (3939769600)

00:12:53.634 --> 00:12:56.064
How can I help him stop control this.

93 "Dana andersen" (3939769600)
00:12:56.339 --> 00:13:02.309
I feel like I am attacking operating him when I ask him to stop.

94 "Myra Altman, PhD" (1298264320)
00:13:02.309 --> 00:13:14.544
Yeah, that's a fantastic question. And I'm going to talk in a little bit more about in a few slides about the cycle of anxiety and how anxiety can perpetuate itself. And I think some of that information will be really helpful.

95 "Myra Altman, PhD" (1298264320)
00:13:14.874 --> 00:13:21.324
The way I would think about what might be going on with your son. And again, this is where she can help can be really, really valuable.

96 "Myra Altman, PhD" (1298264320)
00:13:21.599 --> 00:13:32.879
Is that that's sort of compulsive type behavior likely that's helping sued him. So when he's anxious, he might be picking as a way of self soothing and so.

97 "Myra Altman, PhD" (1298264320)
00:13:32.879 --> 00:13:43.944
That's a case where I really recommend getting some support getting that formal assessment and diagnosis and some treatment recommendations. It's so important to get that support.

98 "Myra Altman, PhD" (1298264320)
00:13:43.944 --> 00:13:52.794
I think there's still, unfortunately is a fair amount of stigma around getting support from mental health care, but as much as possible, just trying to think about it as you would physical health care.

99 "Myra Altman, PhD" (1298264320)
00:13:52.879 --> 00:14:01.874
There was a concern coming up, you'd speak to your pediatrician and so really getting that support there. But I would say skin picking pulling out hair.

100 "Myra Altman, PhD" (1298264320)
00:14:01.874 --> 00:14:12.854
Those are all what we would think of in the category of body focus, repetitive behaviors, which is in that sort of compulsion category. Again. All of this is on a spectrum. So.

101 "Myra Altman, PhD" (1298264320)

00:14:12.879 --> 00:14:22.799

Some about it can be normal and we give skills and coaching to help them. Really understand what are some other more adaptive self suiting techniques they can use.

102 "Myra Altman, PhD" (1298264320)

00:14:22.799 --> 00:14:31.824

But it can be on that spectrum towards much more impact and impairment for their life in which case kind of formal support and treatment can be helpful.

103 "Myra Altman, PhD" (1298264320)

00:14:32.094 --> 00:14:42.594

But I would say it's never too early to get a formal opinion to do an intake with a provider. And I'm going to share some resources at the end for those who have bright line of how you can do that really easily.

104 "Myra Altman, PhD" (1298264320)

00:14:42.799 --> 00:14:52.769

Our services, when we get to the cycle of anxiety, I'll talk a little bit more about how that might play out in these kinds of examples. So I'll bring this back then.

105 "Dana andersen" (3939769600)

00:14:52.769 --> 00:15:05.609

And we also had another, I'm not sure if it's a question or a comment, but there's another viewer that they've set. My daughter also does skin taking and pulling at her hair.

106 "Myra Altman, PhD" (1298264320)

00:15:05.609 --> 00:15:12.149

Yeah, and again that's going to be in that same category. Those sort of body focused, repetitive behaviors, which.

107 "Myra Altman, PhD" (1298264320)

00:15:12.149 --> 00:15:15.809

We typically view as a way of soothing distress.

108 "Myra Altman, PhD" (1298264320)

00:15:15.809 --> 00:15:21.509

I'll talk, let's get back to that 1 in the cycle of anxiety, because I think it's a really, really great example.

109 "Myra Altman, PhD" (1298264320)

00:15:23.034 --> 00:15:36.684

And I'm going to talk a little bit about I know the 2nd, half of that question was feeling, like, you're attacking liberating of, like, how to really communicate with your kiddos around topics like this, in a way that's non stigmatizing and that can support them in making

progress.

110 "Myra Altman, PhD" (1298264320)

00:15:36.869 --> 00:15:47.999

Great questions please keep them coming. So let's talk a little bit more about what anxiety looks like. So we've seen a couple of examples there of sort of like.

111 "Myra Altman, PhD" (1298264320)

00:15:47.999 --> 00:15:52.469

Bodily focus behaviors that are an indication of some anxiety so.

112 "Myra Altman, PhD" (1298264320)

00:15:52.469 --> 00:15:57.119

In picking pulling out hair, frequent tapping, et cetera.

113 "Myra Altman, PhD" (1298264320)

00:15:58.104 --> 00:16:08.424

There's also avoidance is a really, really huge category of anxiety. It's 1 that often. We don't necessarily think about 1st, but I think is actually incredibly important.

114 "Myra Altman, PhD" (1298264320)

00:16:08.424 --> 00:16:13.824

So this could look like your kid's not doing something just really backing away from doing something whether that's.

115 "Myra Altman, PhD" (1298264320)

00:16:14.159 --> 00:16:19.979

Go into the park doing a new activity might look like, overdoing something.

116 "Myra Altman, PhD" (1298264320)

00:16:19.979 --> 00:16:23.219

To avoid failure or uncertainty, so.

117 "Myra Altman, PhD" (1298264320)

00:16:23.219 --> 00:16:28.649

Maybe, it's studying really, really, really extensively for a test that doesn't need to be.

118 "Myra Altman, PhD" (1298264320)

00:16:28.649 --> 00:16:42.659

Study for for that long as a way of preventing anxiety from coming up. So that's where avoidance can look different, depending on the situation. Um, it might look like angry outburst in an effort to avoid certain situations. So, for example, if.

119 "Myra Altman, PhD" (1298264320)

00:16:42.659 --> 00:16:46.919

Reading in front of people use that example is really stressful for.

120 "Myra Altman, PhD" (1298264320)

00:16:46.919 --> 00:16:56.219

They might just have an angry outburst if that comes up as an idea of what to do as a way of saying, I'm not doing this. And let me get out of this anxiety provoking situation.

121 "Myra Altman, PhD" (1298264320)

00:16:56.219 --> 00:17:04.349

So, all of this categories kids, trying to say, I don't want to feel this anxiety. I'm going to do everything. I can't not feel that anxiety.

122 "Myra Altman, PhD" (1298264320)

00:17:04.349 --> 00:17:14.099

What we know about anxiety though is it's really helpful and we can't not feel it. So That'll preface what we talked about in a little bit about methods for approaching anxiety.

123 "Myra Altman, PhD" (1298264320)

00:17:14.099 --> 00:17:27.689

Another really common ways. This shows up is body reactions or complaints. So this might look like frequent trips to the nurse frequently asked me to come home stomach aches, complaints about illnesses that are unfounded. Of course, we always wanted to.

124 "Myra Altman, PhD" (1298264320)

00:17:27.689 --> 00:17:33.419

Check for physical causes, but if we're seeing something really come up recurring in the stomach aches, headaches, things like that.

125 "Myra Altman, PhD" (1298264320)

00:17:33.419 --> 00:17:37.799

There might be an indication of a way that anxiety is showing up.

126 "Myra Altman, PhD" (1298264320)

00:17:37.799 --> 00:17:52.019

For your child sleep and eating difficulties is another big area. So if your child is sleeping more or less than usual, that's always assigned to look out for for general mental health concerns. Maybe your child is eating less.

127 "Myra Altman, PhD" (1298264320)

00:17:52.019 --> 00:17:57.059

At school, maybe they're avoiding the cafeteria that might be an indication as well.

128 "Myra Altman, PhD" (1298264320)

00:17:57.984 --> 00:18:07.854

Another really big 1 is excessive reassurance seeking. So, asking the same question repeatedly, checking it about rules or due dates that maybe they typically remember or follow.

129 "Myra Altman, PhD" (1298264320)

00:18:08.124 --> 00:18:16.974

And this is really what we see when fear of the unknown is what comes up someone's to check and check and get as much certainty as they can another big area.

130 "Myra Altman, PhD" (1298264320)

00:18:17.059 --> 00:18:20.849

That it might look like, is inattention, poor school performance.

131 "Myra Altman, PhD" (1298264320)

00:18:20.849 --> 00:18:30.509

1 thing I just want to call out is that these also might be indications of other things going on. So, anxiety would be 1 of the things we'd want to look for. We'd also want to look for. Is this.

132 "Myra Altman, PhD" (1298264320)

00:18:30.509 --> 00:18:37.469

Indication of attention concerns of depression, things like that. So that's where, if you have concerns.

133 "Myra Altman, PhD" (1298264320)

00:18:37.469 --> 00:18:49.829

Particularly if something is interfering with your kiddos ability to function, that's when again getting that professional support is gonna be really, really helpful. And so hopefully this gives you a clue of, like, things to look out for.

134 "Myra Altman, PhD" (1298264320)

00:18:49.829 --> 00:18:53.729

But I would also say you are the expert on your child, you know, them better than.

135 "Myra Altman, PhD" (1298264320)

00:18:53.729 --> 00:18:56.729

Anybody else, if something feels off to you if they're.

136 "Myra Altman, PhD" (1298264320)

00:18:56.729 --> 00:19:02.069

Behaving in a different way. That's a good indication to get a little bit of extra support.

137 "Myra Altman, PhD" (1298264320)

00:19:02.069 --> 00:19:06.209

Okay.

138 "Myra Altman, PhD" (1298264320)

00:19:06.209 --> 00:19:09.929

Any questions on what it looks like how it might show up.

139 "Myra Altman, PhD" (1298264320)

00:19:09.929 --> 00:19:16.319

Otherwise, I'll get into probably what everyone's waiting for, which is, what can we do about it.

140 "Myra Altman, PhD" (1298264320)

00:19:16.319 --> 00:19:19.349

Alrighty.

141 "Myra Altman, PhD" (1298264320)

00:19:19.349 --> 00:19:27.269

So this is, I think a really, really big 1. we often think in general, like, if we talk about something, we might make it worse.

142 "Myra Altman, PhD" (1298264320)

00:19:27.269 --> 00:19:41.489

I think mental health is really hard to talk about not all of us grew up learning and knowing how to talk about it I think about, for myself, I'm a psychologist I live and breathe emotions all day and it's still hard for me to talk about. So totally understandable and okay that.

143 "Myra Altman, PhD" (1298264320)

00:19:41.489 --> 00:19:51.149

It's hard to talk about, but we really want to model for our kids that this is just something we can talk about, because it's something that's not shameful. And it's something that is very addressable.

144 "Myra Altman, PhD" (1298264320)

00:19:51.149 --> 00:19:59.729

So, starting with kind of the 1st suggestion is really validating emotions. So all feelings are okay.

145 "Myra Altman, PhD" (1298264320)

00:19:59.729 --> 00:20:12.779

This can often be tricky for people, because they feel like if they validate the emotion, they validate the behavior. So let's use that example of a child who might act out a lot when they're asked to do something anxiety provoking.

146 "Myra Altman, PhD" (1298264320)

00:20:12.779 --> 00:20:17.909

We don't necessarily want to say acting out and yelling and throwing things is okay.

147 "Myra Altman, PhD" (1298264320)

00:20:17.909 --> 00:20:23.519

But it's understandable and okay, that may be your feeling scared underneath that. So, separating out.

148 "Myra Altman, PhD" (1298264320)

00:20:23.519 --> 00:20:36.599

Emotions are always valid how someone feels is how someone feels what they do with that is then what we can work with. So really focusing on validating those emotions saying things like you're worried. I hear you.

149 "Myra Altman, PhD" (1298264320)

00:20:36.599 --> 00:20:45.629

It seems like you're feeling insert the emotion angry, scared sad and really helping them see what the way that their anxiety shows up. So.

150 "Myra Altman, PhD" (1298264320)

00:20:45.629 --> 00:20:54.149

It can be helpful to talk about how it shows up for you. So saying, like, oh, when I get into my shoulders get really tight. How do you feel when you feel stressed out about things?

151 "Myra Altman, PhD" (1298264320)

00:20:54.564 --> 00:21:09.264

You're then both modeling that it's okay to have emotions and also helping them start to identify emotions for ourselves. We know from a lot of research that the ability to identify emotions already makes them much easier to deal with. If you're feeling a whole jumble of things.

152 "Myra Altman, PhD" (1298264320)

00:21:09.264 --> 00:21:12.924

And you don't know what it is that makes it even more overwhelming, but if you can say.

153 "Myra Altman, PhD" (1298264320)

00:21:13.199 --> 00:21:18.779

Hey, I'm feeling sad or, hey, I'm feeling scared that really then grounds the conversation.

154 "Myra Altman, PhD" (1298264320)

00:21:18.779 --> 00:21:28.409

That in and of itself can help kiddos feel better and adults, but also then gives you a path of what to do moving forward.

155 "Myra Altman, PhD" (1298264320)

00:21:28.409 --> 00:21:37.199

The next 1 is column open conversations so sometimes in the heat of the moment, it's hard to have these conversations when child is having an outburst.

156 "Myra Altman, PhD" (1298264320)

00:21:37.199 --> 00:21:43.169

Or throwing a tantrum, that might not be the best time to have a calm open conversation. You might want to wait.

157 "Myra Altman, PhD" (1298264320)

00:21:43.169 --> 00:21:49.829

Until things have settled down and then bring it back up. Hey, when this happened earlier, let's talk about what was going on for you.

158 "Myra Altman, PhD" (1298264320)

00:21:49.829 --> 00:21:53.579

We want to do a few things in these conversations.

159 "Myra Altman, PhD" (1298264320)

00:21:53.579 --> 00:22:07.049

Model coping with emotions, not mastery over them, so oh, it sounds like you got anxious then that's okay. We all get anxiety, but there are lots of good ways to deal with it. Instead of let's figure out how to never have anxiety.

160 "Myra Altman, PhD" (1298264320)

00:22:07.049 --> 00:22:14.069

Again, or let's figure out how to control your anxiety. No, this is something that will come up and live with. Let's figure out how to live well with it.

161 "Myra Altman, PhD" (1298264320)

00:22:14.069 --> 00:22:28.079

We want to avoid abject reassurance. This is a really, really tricky 1 for parents, because we want to make our kids feel better, but we need to also have kids who can understand and tolerate a little bit of uncertainty. So.

162 "Myra Altman, PhD" (1298264320)

00:22:28.079 --> 00:22:35.189

For example, it might be am I going to get sick and you want to say if you touch a door now you'll never gonna get sick.

163 "Myra Altman, PhD" (1298264320)

00:22:35.189 --> 00:22:40.859

We can't necessarily guarantee that right? Like, probably not we're going to wash our hands. We're going to keep ourselves safe.

164 "Myra Altman, PhD" (1298264320)

00:22:40.859 --> 00:22:45.719

But there is some risk and just helping kids get used to that idea that there's uncertainty in the world.

165 "Myra Altman, PhD" (1298264320)

00:22:45.719 --> 00:22:54.299

And that they can cope with that uncertainty. So we want to encourage them with honesty, help, talk them through the world. They're going to encounter and navigate.

166 "Myra Altman, PhD" (1298264320)

00:22:54.299 --> 00:22:58.829

The other thing is just to think about.

167 "Myra Altman, PhD" (1298264320)

00:22:58.974 --> 00:23:13.404

Naming these emotions I've said this before, but worth repeating naming anxiety, when you see or hear it, it can be helpful, depending on the age to maybe say, oh, that might be anxiety or, hey, how are you feeling? Are you feeling anxious and let them really think through that with you.

168 "Myra Altman, PhD" (1298264320)

00:23:14.519 --> 00:23:20.279

1 thing that's also really, really helpful is helping people be critical consumers of their thoughts.

169 "Myra Altman, PhD" (1298264320)

00:23:20.279 --> 00:23:34.104

We often just believe our thoughts they happen and we assume they're true, but they're very often not true. And so really helping them see. Is this thought true? Is it not just because you're having a thought doesn't mean it's true.

170 "Myra Altman, PhD" (1298264320)

00:23:34.104 --> 00:23:40.134

So, you might have the thought that I'm going to fail this test. I'm totally stupid. I don't know what I'm doing.

171 "Myra Altman, PhD" (1298264320)

00:23:40.279 --> 00:23:46.259

Like, oh, that's a main thought that your mind gave you do we think that that's true.

172 "Myra Altman, PhD" (1298264320)

00:23:46.259 --> 00:23:54.269

No, you passed a lot some tests before you're smart and all these ways and I'm, you know, really helping them see that just because they think something.

173 "Myra Altman, PhD" (1298264320)

00:23:54.269 --> 00:24:05.399

Doesn't necessarily mean it's true. That's a huge YouTube skill for all of us to focus on. In the earlier. We can start learning it. The

better.

174 "Myra Altman, PhD" (1298264320)

00:24:05.399 --> 00:24:10.349

Okay.

175 "Myra Altman, PhD" (1298264320)

00:24:10.349 --> 00:24:22.049

The other thing that's really, really helpful is helping you face their fears, informal psychotherapy. This is called exposures, but basically it means confronting your fears.

176 "Myra Altman, PhD" (1298264320)

00:24:22.049 --> 00:24:26.189

What often happens with anxiety is something is scary. We don't want to feel anxiety.

177 "Myra Altman, PhD" (1298264320)

00:24:26.189 --> 00:24:34.859

And so we don't do it and I'll talk about how that model works in a 2nd, but what we really want to help kids do is actually face those fears and learn.

178 "Myra Altman, PhD" (1298264320)

00:24:34.859 --> 00:24:41.159

Oh, that wasn't maybe so bad as I thought it was, or yeah, it was really bad, but I did it anyway. And I'm a superhero.

179 "Myra Altman, PhD" (1298264320)

00:24:41.159 --> 00:24:55.764

So, it can be kind of fun and playful caveat. I'm a psychologist. So what I think is fun is maybe not what the whole world thinks is fun, but finding ways to creatively address their fears. So, maybe it's intentionally getting an answer wrong and learning that.

180 "Myra Altman, PhD" (1298264320)

00:24:55.884 --> 00:24:57.594

Hey, I can get an answer wrong.

181 "Myra Altman, PhD" (1298264320)

00:24:57.899 --> 00:25:01.439

I'm still a good person and people still love me and it's all going to be okay.

182 "Myra Altman, PhD" (1298264320)

00:25:01.439 --> 00:25:04.589

Maybe that's yeah.

183 "Dana andersen" (3939769600)

00:25:04.589 --> 00:25:16.319

Sorry, no, I have a question. I struggled to remain patient and calm to have grounding conversations with my 8 year old who has been diagnosed with anxiety.

184 "Dana andersen" (3939769600)

00:25:16.319 --> 00:25:26.729

In the heat of the moment is nearly impossible to call her down. And the outburst can be physical. Do you have suggestions for de escalating offers? Better physical.

185 "Myra Altman, PhD" (1298264320)

00:25:27.684 --> 00:25:36.084

It's a really, really good question. And again, I'm always going to encourage folks to work directly with a care provider. 1st. I just want to provide a lot of empathy.

186 "Myra Altman, PhD" (1298264320)

00:25:36.294 --> 00:25:46.524

This is really, really hard to do and so it is totally okay for you to step aside. And take a break and give yourself a moment to calm down.

187 "Myra Altman, PhD" (1298264320)

00:25:46.729 --> 00:25:57.959

Your mental health matters that makes a lot of sense. And so sometimes I might be saying, I'm just going to step outside for a 2nd, and we'll get back to this so that you have an opportunity to practice some self regulation skills.

188 "Myra Altman, PhD" (1298264320)

00:25:57.959 --> 00:26:01.769

Get support from a therapist from friends, whatever it might be helpful there.

189 "Myra Altman, PhD" (1298264320)

00:26:01.769 --> 00:26:10.829

It's also okay to come back to that later with your kiddo and say, hey, listen, you know, once the situation is com, I know that I was really frustrated. I'm sorry about that.

190 "Myra Altman, PhD" (1298264320)

00:26:10.829 --> 00:26:19.379

This is how it showed up for me I'm going to work on not letting my frustrations show and then you're really modeling that with your kiddos again.

191 "Myra Altman, PhD" (1298264320)

00:26:19.379 --> 00:26:28.739

When it comes to really those outbursts, what we know is that what you pay attention to is going to be the thing that comes up more. This is a.

192 "Myra Altman, PhD" (1298264320)

00:26:28.739 --> 00:26:33.419

Principle of reinforcement. So if a child having outburst.

193 "Myra Altman, PhD" (1298264320)

00:26:33.419 --> 00:26:47.994

That's a lot of attention they're going to internally learn not intentionally but oh, this is the thing that gets me attention from my parents. What do I love attention from my parents? So let me do more of this. So we want to practice reinforcing the things we want to see more of.

194 "Myra Altman, PhD" (1298264320)

00:26:47.994 --> 00:26:52.914

So, not giving a lot of attention when there's an outburst giving a lot of attention when someone.

195 "Myra Altman, PhD" (1298264320)

00:26:53.419 --> 00:27:07.739

Calms themselves down or plays nicely with their siblings, et cetera again. Really great to work through with a therapist or with another care provider because it can be really hard to do. And the really important thing is being consistent, which.

196 "Myra Altman, PhD" (1298264320)

00:27:07.739 --> 00:27:13.619

When kids are pushing your buttons is hard to be. So I really encourage again, getting some of that additional support to work through that.

197 "Myra Altman, PhD" (1298264320)

00:27:16.769 --> 00:27:27.569

And again, you want to reinforce that the emotion is okay, but the behavior is not so once that outburst is settled, seems like you've got really angry there. That's okay. Anger comes up, but it's not okay to hit.

198 "Myra Altman, PhD" (1298264320)

00:27:27.569 --> 00:27:31.169

As a result of that, let's talk about some other things you can do when you're angry.

199 "Myra Altman, PhD" (1298264320)

00:27:31.169 --> 00:27:37.559

Deep breathing, maybe you go outside and yell and maybe you punch your pillow, but you don't hit other people on that time.

200 "Dana andersen" (3939769600)

00:27:37.559 --> 00:27:49.949

And then I have another question. Yeah. What about when you try to validate emotions counteract or thoughts and they're so anxious they just don't believe, you.

201 "Myra Altman, PhD" (1298264320)

00:27:49.949 --> 00:27:55.859

Yeah, that's a great question. This is why reassurance what I mentioned before.

202 "Myra Altman, PhD" (1298264320)

00:27:55.859 --> 00:28:02.609

Only can work so far, right? So there's 2 different ways. We know things as people. We can intellectually know them.

203 "Myra Altman, PhD" (1298264320)

00:28:02.609 --> 00:28:10.979

And we can experiential we know them so intellectually, they might hear you that. Yes, this is gonna be okay, this is going to be safe.

204 "Myra Altman, PhD" (1298264320)

00:28:10.979 --> 00:28:25.374

But they might not believe it in that experiential emotional level and that's where these exposures come into place. You have to find ways to help them actually test it out and get that lived experience to know that. Oh, this will be. Okay.

205 "Myra Altman, PhD" (1298264320)

00:28:25.374 --> 00:28:30.834

Or I will survive this. And so reassurance alone is often not going to be a.

206 "Myra Altman, PhD" (1298264320)

00:28:30.979 --> 00:28:36.089

Because it's not getting at that, like, emotional, experiential learning.

207 "Myra Altman, PhD" (1298264320)

00:28:36.089 --> 00:28:50.999

Side and so finding ways to really test and have them learn through doing that, whatever it is they're worried about will be. Okay. So that might be, depending on what the fear is raising their hand, and asking a question in class and did the scary thing happen.

208 "Myra Altman, PhD" (1298264320)

00:28:50.999 --> 00:28:55.139

Maybe it did oh, and look, you're still standing or maybe it didn't and hey.

209 "Myra Altman, PhD" (1298264320)

00:28:55.139 --> 00:29:00.659

Maybe that means next time you ask a question it will all be. Okay.
And the more kids have experienced with that.

210 "Myra Altman, PhD" (1298264320)

00:29:00.659 --> 00:29:07.769

The more they believe it at a root level, which is, can be more impactful than hearing them. If there may be not trusting it.

211 "Myra Altman, PhD" (1298264320)

00:29:07.769 --> 00:29:17.729

Some other fun exposure. Ideas are looking silly in public. We want to get people used to the thing they're scared of. So if someone is really scared of spiders.

212 "Myra Altman, PhD" (1298264320)

00:29:17.729 --> 00:29:26.819

Look at a picture of a spider, and if you're scared of vaccines watching videos again, depending on the level of fear, you're going to want to do this with a behavioral therapist as well.

213 "Myra Altman, PhD" (1298264320)

00:29:26.819 --> 00:29:40.829

Some other ideas they are really, depending on what the concerns are helping them sleep independently, even if there may be scared too if they're always checking the weather, because they're worried about storms, et cetera.

214 "Myra Altman, PhD" (1298264320)

00:29:40.829 --> 00:29:50.399

Not checking the weather and going about their day. It's gonna be very specific and tailored to whatever the specific concerns of the keto are. So working with your provider is gonna be great.

215 "Myra Altman, PhD" (1298264320)

00:29:50.399 --> 00:30:04.289

There so, let me talk a little bit about how anxiety works, because I think if you can understand the cycle, then that, I think helps you, as you're in these times with your kids realize, like, oh, what is what we're doing here.

216 "Myra Altman, PhD" (1298264320)

00:30:04.289 --> 00:30:11.369

helping and make that anxiety continue or disrupting the cycle of anxiety so i'll orient you to

217 "Myra Altman, PhD" (1298264320)

00:30:11.369 --> 00:30:16.169

The orange circles on the left, so this is the cycle of avoidance.

218 "Myra Altman, PhD" (1298264320)

00:30:16.169 --> 00:30:20.549

And I want you to stress that this makes so so so much sense.

219 "Myra Altman, PhD" (1298264320)

00:30:20.549 --> 00:30:24.989

It just doesn't work in the long term. So, in this cycle of this.

220 "Dana andersen" (3939769600)

00:30:24.989 --> 00:30:39.239

Yes, I do have another question I hate to interrupt you. How do you help a child who says they feel socially anxious in developing strategies to deal with it in class or on the playground.

221 "Myra Altman, PhD" (1298264320)

00:30:39.239 --> 00:30:44.579

Yeah, so it's really going to depend on what the severity of that social anxiety is.

222 "Myra Altman, PhD" (1298264320)

00:30:44.579 --> 00:30:53.424

You know, when it's comparing that functioning, always good to bring a care provider in, but you want to get to what the root of that social anxiety is, are you scared people aren't gonna like,

223 "Myra Altman, PhD" (1298264320)

00:30:53.424 --> 00:31:04.554

you are you scared people are gonna laugh at you and then find ways to test that out often our anticipation of a situation is much worse than the situation itself. So maybe they're really scared to raise their hand.

224 "Myra Altman, PhD" (1298264320)

00:31:04.579 --> 00:31:12.059

And can they raise their hand and ask a question and then debrief afterwards to say, wasn't as scary as you thought it was going to be.

225 "Myra Altman, PhD" (1298264320)

00:31:12.059 --> 00:31:22.734

Did it go okay what did you learn? Can you do it again? And the more you can do it the less scary it becomes and maybe you can think about something in your own life. That that's been true for that. You could even share with them.

226 "Myra Altman, PhD" (1298264320)

00:31:22.734 --> 00:31:28.494

So, for me, I used to hate public speaking I was so anxious as a kid giving talks in class.

227 "Myra Altman, PhD" (1298264320)

00:31:28.829 --> 00:31:38.219

And now I have done it so many times that, hey, it's not staring anymore. I didn't even notice when it stopped being scary. It just became something I was used to, and knew how to do.

228 "Myra Altman, PhD" (1298264320)

00:31:38.219 --> 00:31:48.539

So, approaching it engaging with it again with the support of a care provider. So, and I'll tell you a little bit how the cycle works, because that might help make makes sense.

229 "Myra Altman, PhD" (1298264320)

00:31:48.539 --> 00:31:53.669

So, in the cycle avoidance, a child might encounter a feared situation. Let's say.

230 "Myra Altman, PhD" (1298264320)

00:31:53.669 --> 00:31:57.419

A kid is scared of dogs, so they encounter a dog in the playground.

231 "Myra Altman, PhD" (1298264320)

00:31:57.419 --> 00:32:00.749

They're going to experience some anxiety related to that.

232 "Myra Altman, PhD" (1298264320)

00:32:00.749 --> 00:32:06.119

In the cycle avoidance, the child then avoids that thing. So they see the dog and they run away.

233 "Myra Altman, PhD" (1298264320)

00:32:06.119 --> 00:32:13.649

Um, or the delta peer rescues them you, as the parent says, hey, I know you're scared of dogs. Let me get you out of here.

234 "Myra Altman, PhD" (1298264320)

00:32:13.649 --> 00:32:16.889

Everyone feels better in the moment, which flu.

235 "Myra Altman, PhD" (1298264320)

00:32:16.889 --> 00:32:24.269

Isn't that really wonderful? You feel better, but unfortunately, what you and your child have learned is that.

236 "Myra Altman, PhD" (1298264320)

00:32:24.269 --> 00:32:34.679

That thing is really scary. Uh, subconsciously what the kid sees is, oh, that I was scared of the dog. My parents took me away from the dog, or I ran away from the dog.

237 "Myra Altman, PhD" (1298264320)

00:32:34.679 --> 00:32:41.069

I felt better that must mean my belief that the dog is scary is true.
So next time I see a dog.

238 "Myra Altman, PhD" (1298264320)

00:32:41.069 --> 00:32:47.789

I'm definitely going to avoid the dog because that felt really good to me and you can see how then the fear would get worse and worse and worse.

239 "Myra Altman, PhD" (1298264320)

00:32:47.789 --> 00:32:51.959

Oh, dogs must be really scary because I left last time and you keep avoiding.

240 "Myra Altman, PhD" (1298264320)

00:32:51.959 --> 00:33:04.799

And the fear gets worse and worse and worse. Instead the cycle of approach we want to break that we want to have people learn what's safe and what's not safe. So, again, kiddo encounters the dog in the playground.

241 "Myra Altman, PhD" (1298264320)

00:33:04.799 --> 00:33:10.679

Feels anxiety again. Totally normal. It's a dog. Maybe it's the same size as your kid. Scary.

242 "Myra Altman, PhD" (1298264320)

00:33:10.679 --> 00:33:18.209

Todd makes an attempt to face or avoid the situation so, maybe they say, hey, you know what, I'm going to try.

243 "Myra Altman, PhD" (1298264320)

00:33:18.209 --> 00:33:27.239

To stay here with this dog, you as the parent help support that you ask the owner Hayes, this dog friendly the dog sits down really nicely.

244 "Myra Altman, PhD" (1298264320)

00:33:27.239 --> 00:33:35.189

The kid pets, the dog and what you learn then is oh, okay. This is maybe safe. Maybe this is something I can handle.

245 "Myra Altman, PhD" (1298264320)

00:33:35.189 --> 00:33:43.319

And over time, you get more and more brave and less and less anxious when you're encountering a dog. And so that then becomes easier and easier.

246 "Myra Altman, PhD" (1298264320)

00:33:43.319 --> 00:33:50.819

To do I want to go back to that question about finger picking or hair pulling because it looks a little bit different. So.

247 "Myra Altman, PhD" (1298264320)

00:33:50.819 --> 00:33:57.149

Let's say a kid has had separation. Anxiety is really scared. Their parent is going to leave.

248 "Myra Altman, PhD" (1298264320)

00:33:57.149 --> 00:34:02.039

So thinking about their parent leaving fields anxiety.

249 "Myra Altman, PhD" (1298264320)

00:34:02.039 --> 00:34:09.179

To try to get rid of that anxiety, they might pick up their fingers, pull their hair. And that makes them feel better in the moment.

250 "Myra Altman, PhD" (1298264320)

00:34:09.179 --> 00:34:14.879

It just again for serves that same cycle, because you're still trying to avoid the anxiety.

251 "Myra Altman, PhD" (1298264320)

00:34:14.879 --> 00:34:25.884

In the cycle of approach, but we'd want to say is, okay, you fear that situation instead of trying to get rid of it by skin picking or hair pulling can we learn to sit with it? And what else might we do then?

252 "Myra Altman, PhD" (1298264320)

00:34:25.884 --> 00:34:30.024

So, maybe we say, hey, I'm scared, you're going to leave and you get a big hug from your mom.

253 "Myra Altman, PhD" (1298264320)

00:34:30.509 --> 00:34:37.319

And you say, like, I'm scared, you're never going to come back. Okay. I'm going to be going out for half an hour. Let's see if I come back back.

254 "Myra Altman, PhD" (1298264320)

00:34:37.319 --> 00:34:43.469

Great I always come back. I'm always gonna come back and then they can learn. Hey, this thing I fear.

255 "Myra Altman, PhD" (1298264320)

00:34:43.469 --> 00:34:47.729

Isn't gonna happen and I don't necessarily have to self sue them these unhelpful.

256 "Dana andersen" (3939769600)

00:34:47.729 --> 00:34:59.849

Ways hopefully that that makes sense. Yes. Okay. Uh, my son now, 20 seems to have food anxiety and will only eat a small pallet of foods.

257 "Dana andersen" (3939769600)

00:34:59.849 --> 00:35:06.479

Chicken steak, piece of bread, but not too much more. Is there an example where exposure can help.

258 "Myra Altman, PhD" (1298264320)

00:35:06.479 --> 00:35:14.849

Yeah, absolutely. So what we would typically do always, we'd want to get a sense of like, what is the root? What is the fear? Is that a fear of.

259 "Myra Altman, PhD" (1298264320)

00:35:14.849 --> 00:35:18.779

Um, choking is it a fear of.

260 "Myra Altman, PhD" (1298264320)

00:35:18.779 --> 00:35:25.709

Newness is, it's simply like the assessment philosophy. Is it also just a preferencing? Like, have they not had exposure to that?

261 "Myra Altman, PhD" (1298264320)

00:35:25.709 --> 00:35:34.379

So, you're going to want to just get a sense of what's the root of this but what we would often do in that situation is build an exposure hierarchy. So we'd say, okay.

262 "Myra Altman, PhD" (1298264320)

00:35:34.379 --> 00:35:41.909

On a scale of 1 to 10. how much anxiety would it cause you to eat bread with a piece of tomato on it?

263 "Myra Altman, PhD" (1298264320)

00:35:41.909 --> 00:35:49.349

Okay, maybe that's an 8. well, that's too high. Let's not start there. What's the food that would cause you maybe a 3 or 4 on anxiety.

264 "Myra Altman, PhD" (1298264320)

00:35:49.349 --> 00:35:56.279

Maybe, it's bread with peanut butter on it, making this up. Okay, so let's do that. Let's try that a couple of times.

265 "Myra Altman, PhD" (1298264320)

00:35:56.279 --> 00:36:04.589

and then see if it as scary as you thought it was often we're like we think it's going to be a four we do at five or ten times and then we're like okay this is kind of a two

266 "Myra Altman, PhD" (1298264320)

00:36:04.589 --> 00:36:08.609

Okay, let's try that with something else. Maybe an olive is a 5.

267 "Myra Altman, PhD" (1298264320)

00:36:08.609 --> 00:36:19.434

What happens if you have an olive, so really thinking through and just getting again that repetition that experience so that whatever the fear is, you learn that it's probably it's not going to come through or? It's probably not gonna come true.

268 "Myra Altman, PhD" (1298264320)

00:36:19.764 --> 00:36:23.844

And, hey, there are delicious foods in the world and my life will be better if I face this fear.

269 "Myra Altman, PhD" (1298264320)

00:36:24.299 --> 00:36:29.969

And then embrace it again, work with a care provider, because you want kind of want to understand, like, what's the root of that?

270 "Myra Altman, PhD" (1298264320)

00:36:29.969 --> 00:36:35.939

But, yeah, absolutely exposure can help if the root is anxiety exposure is.

271 "Myra Altman, PhD" (1298264320)

00:36:35.939 --> 00:36:42.059

Hard to do. But boy, does it work really well.

272 "Myra Altman, PhD" (1298264320)

00:36:42.174 --> 00:36:56.424

Okay, so, in general, how we want to support youth with anxiety, you want to validate what they're going through and you want to give them confidence that they can do it and that you're going to be there to support them. And that's kind of our support equation.

273 "Myra Altman, PhD" (1298264320)

00:36:56.754 --> 00:37:02.034

I think for parents, what can be often really hard since we're talking about exposures is understanding what.

274 "Myra Altman, PhD" (1298264320)

00:37:02.059 --> 00:37:05.879

That support is because again, we want our kids to feel better.

275 "Myra Altman, PhD" (1298264320)

00:37:05.879 --> 00:37:09.809

And we want to just get rid of the thing that makes them feel scary.

So.

276 "Myra Altman, PhD" (1298264320)

00:37:09.809 --> 00:37:17.279

If someone has like, a contamination fear, and they're worried about getting germs from the door knob were like, okay, I will clean all the door because then you'll feel better.

277 "Myra Altman, PhD" (1298264320)

00:37:17.279 --> 00:37:20.909

But then your kid is learning that germs are really, really scary.

278 "Myra Altman, PhD" (1298264320)

00:37:20.909 --> 00:37:24.929

Instead, the thing to really be supportive is to say, I know that's scary.

279 "Myra Altman, PhD" (1298264320)

00:37:24.929 --> 00:37:28.379

Let's work our way up to you feel uncomfortable doing that.

280 "Myra Altman, PhD" (1298264320)

00:37:28.379 --> 00:37:34.259

Again, partnership with a therapist, but maybe we look at the door not maybe touch it with your finger.

281 "Myra Altman, PhD" (1298264320)

00:37:34.259 --> 00:37:43.139

Maybe then you hold it for 3rd, we work our way up to your opening door knobs. You might still hear feel some anxiety. It'll probably be a lot lower than you thought.

282 "Myra Altman, PhD" (1298264320)

00:37:43.139 --> 00:37:49.289

And then, hey, look how much your world has opened up, because you can open doors. Anywhere you go. Literally.

283 "Myra Altman, PhD" (1298264320)

00:37:49.289 --> 00:37:53.519

And figuratively, so we want to validate we want to let them know their emotion makes sense.

284 "Myra Altman, PhD" (1298264320)

00:37:53.519 --> 00:38:00.659

You want to give them confidence that we believe that they can do it that there are things to do and really support them through the process.

285 "Dana andersen" (3939769600)

00:38:00.659 --> 00:38:08.579

Had another question what is a way to identify an anxiety trigger roots in.

286 "Myra Altman, PhD" (1298264320)

00:38:08.579 --> 00:38:12.450

Sorry, can you repeat that data or throw it in the chat? It was hard to hear the end of the question.

287 "Dana andersen" (3939769600)

00:38:12.450 --> 00:38:18.060

Oh, okay. What is a way to identify an anxiety trigger?

288 "Dana andersen" (3939769600)

00:38:18.060 --> 00:38:21.720

Or root in toddlers.

289 "Myra Altman, PhD" (1298264320)

00:38:21.720 --> 00:38:28.975

Yeah, really good question again it's gonna be working with a provider is gonna be really, really helpful.

290 "Myra Altman, PhD" (1298264320)

00:38:29.245 --> 00:38:39.205

What what I'm often looking for is is there a change in someone's behavior and there's gonna be developmental milestones and so really assessing, like, are those changes normal? So, like, around.

291 "Myra Altman, PhD" (1298264320)

00:38:39.720 --> 00:38:46.620

9 to 10 months, they're gonna start getting separation anxiety. That's a totally normal phase. We want to support them through it.

292 "Myra Altman, PhD" (1298264320)

00:38:46.620 --> 00:38:55.050

Um, but looking for those changes is what you're going to look for and then just start to notice are there particular places that behavior comes up?

293 "Myra Altman, PhD" (1298264320)

00:38:55.075 --> 00:39:09.055

More, so, is it around a particular, like, going to the playground going to school? Is it around being around new people just starting to get that pattern like oh, this always happens at mealtimes or this always happens.

294 "Myra Altman, PhD" (1298264320)

00:39:09.055 --> 00:39:14.665

When we go outside, what are those sort of things in the environment? So you can start to say.

295 "Myra Altman, PhD" (1298264320)

00:39:15.050 --> 00:39:19.620

A picture of like, when is this more likely to happen and that will give you a clue of maybe what are.

296 "Myra Altman, PhD" (1298264320)

00:39:19.620 --> 00:39:30.390

Some of the triggers that are being caused, and then you can ask them always, and depending on where they are in their developmental milestone, like oh, is it scary for you to go outside et cetera?

297 "Myra Altman, PhD" (1298264320)

00:39:30.390 --> 00:39:36.990

So really looking for the context when these behaviors come up.

298 "Myra Altman, PhD" (1298264320)

00:39:36.990 --> 00:39:42.180

So you noticing a lot of stomach aches, right? Where you're about to drop them off at daycare.

299 "Myra Altman, PhD" (1298264320)

00:39:42.180 --> 00:39:50.340

Tying those things together again, if you're not sure and you're confused. This is where a provider can be really, really helpful to do that assessment with your.

300 "Myra Altman, PhD" (1298264320)

00:39:50.340 --> 00:39:54.750

And with you, by getting a sense of, like, who people places, things.

301 "Dana andersen" (3939769600)

00:39:54.750 --> 00:40:05.580

That might be causes and at what age should we seek help from a therapist if there is there an age? That's too young.

302 "Myra Altman, PhD" (1298264320)

00:40:05.665 --> 00:40:20.425

generally i think checking in it's never too young so like talking to your pediatrician at well visits i'm a big big fan of kind of if you're concerned ask it's never too early we want to be learning these tools um

303 "Myra Altman, PhD" (1298264320)

00:40:20.485 --> 00:40:25.555

very early on generally the treatment might look really different so for kids under eighteen

304 "Myra Altman, PhD" (1298264320)

00:40:25.580 --> 00:40:26.550

6.

305 "Myra Altman, PhD" (1298264320)

00:40:26.550 --> 00:40:39.145

It's really gonna be parent focused care so helping you as a parent understand what's going on with your child, and how you can support them. So, for example, how you make sure they're confronting their fears things like that.

306 "Myra Altman, PhD" (1298264320)

00:40:39.265 --> 00:40:45.385

Typically, from age, 7 and up, the will actually be much more involved in the care, but I would say if you're concerned.

307 "Myra Altman, PhD" (1298264320)

00:40:45.955 --> 00:40:59.965

Kind of start to get some support again the way that we do it at bright line, which I'll provide some resources for, at the end, as we walk you through a screening tool. So, there's some validated tools, depending on the age to say, hey, is this showing up for your kid?

308 "Myra Altman, PhD" (1298264320)

00:40:59.965 --> 00:41:05.665

Is this showing up for your kid? Is this showing up for your kid? And depending on the severity, we would recommend coaching if it's very.

309 "Myra Altman, PhD" (1298264320)

00:41:05.690 --> 00:41:13.080

Miles and we just want to help build some skills, or we would recommend therapy, but I would say if you're concerned talk to your pediatrician.

310 "Myra Altman, PhD" (1298264320)

00:41:13.080 --> 00:41:27.840

Come through the door for Breitting, et cetera. Typically under age 2, we're not gonna be doing a lot of therapy that's more around like, developmental milestones sleep, helping parents understand temperament for me just to end up. It might be a lot more skill development.

311 "Myra Altman, PhD" (1298264320)

00:41:27.840 --> 00:41:31.350

Um, with parents, hopefully that answers.

312 "Myra Altman, PhD" (1298264320)

00:41:31.350 --> 00:41:34.410

Just a couple more things just as our yeah, David.

313 "Dana andersen" (3939769600)

00:41:34.410 --> 00:41:43.080

I got another question, my grandson age 12 has anxiety to bugs. How do we help him through this?

314 "Dana andersen" (3939769600)

00:41:43.080 --> 00:41:48.270

Um, wait, 3rd, there's a lot of questions. Yeah.

315 "Dana andersen" (3939769600)

00:41:48.270 --> 00:42:03.060

He has been stung twice by these, and anything that flies he sees as a B. we have tried to explain that that offline bugs will hurt him. We had an incident in Florida that actually paralyzed him and he would not move.

316 "Myra Altman, PhD" (1298264320)

00:42:03.060 --> 00:42:09.270

Okay, I'm going to assume that the incident was the fear was paralyzing him and not actually a.

317 "Myra Altman, PhD" (1298264320)

00:42:09.270 --> 00:42:20.035

Um, anaphylactic, reaction, reaction, or anything like that. So that's again, I think, definitely should be done in partnership with a therapist.

318 "Myra Altman, PhD" (1298264320)

00:42:20.065 --> 00:42:28.855

We want to make sure that there's the appropriate safety behaviors in place, particularly if there's an allergy or a risk. So helping our kiddos learn. What do I need to do to keep me safe?

319 "Myra Altman, PhD" (1298264320)

00:42:29.270 --> 00:42:44.145

but also what are the things i'm doing to keep me safe that maybe i don't need to do so we would probably be building an exposure hierarchy maybe he looks at a picture of a b watches a video of a b getting more and more comfortable again not telling someone that it's

320 "Myra Altman, PhD" (1298264320)

00:42:44.145 --> 00:42:46.125

safe is very different from them learning

321 "Myra Altman, PhD" (1298264320)

00:42:46.500 --> 00:42:58.170

For themselves that it's safe and that not all bugs are bees so really working through like, okay, let's look at videos of flies. Maybe we don't even start with these on the hierarchy. It's like looking at at.

322 "Myra Altman, PhD" (1298264320)

00:42:58.170 --> 00:43:03.780

And we're looking at flies and working our way up so that they have more comfort while still making sure that they're.

323 "Myra Altman, PhD" (1298264320)
00:43:03.780 --> 00:43:07.530
Staying safe in whatever medical guidance is gonna be most relevant for them.

324 "Dana andersen" (3939769600)
00:43:11.790 --> 00:43:15.960
More questions, or should I, I have another 1.

325 "Dana andersen" (3939769600)
00:43:15.960 --> 00:43:24.330
3 or 4 year old with sleeping in a different room from parents even has an issue sleeping in room with older siblings.

326 "Dana andersen" (3939769600)
00:43:24.330 --> 00:43:34.620
Uh, yeah, so this is.

327 "Myra Altman, PhD" (1298264320)
00:43:34.620 --> 00:43:49.345
Sleep is well, 1, just sleep is the most important thing so you getting enough sleep your kid is getting enough sleep is super super important. I would say this is again. We want to just get them used to uncomfortable with this idea of sleeping in a different room.

328 "Myra Altman, PhD" (1298264320)
00:43:49.615 --> 00:43:54.595
So it might look like getting them used to the rooms. So, maybe you're doing their bedtime routine in the room getting them.

329 "Myra Altman, PhD" (1298264320)
00:43:54.620 --> 00:43:56.340
Comfortable with that.

330 "Myra Altman, PhD" (1298264320)
00:43:56.340 --> 00:44:08.995
And then slowly moving them into the room, depending on the level of severity, how it presents the recommendations might be a little bit different, but we have to let them learn that hey, it might be scary, but it's gonna be. Okay.

331 "Myra Altman, PhD" (1298264320)
00:44:09.235 --> 00:44:16.075
And so, depending on whether you've sleep trained all those sorts of things, there might be some of those techniques that would weave in as well. I think the same.

332 "Myra Altman, PhD" (1298264320)
00:44:16.340 --> 00:44:19.620

Full applies what is the fear you're scared of?

333 "Myra Altman, PhD" (1298264320)

00:44:19.620 --> 00:44:23.730

About being away for your parents for X Y, Z reason, let's help you learn that.

334 "Myra Altman, PhD" (1298264320)

00:44:23.730 --> 00:44:29.610

That's not a fear that you need to have, and it's worth sleeping in your own room.

335 "Myra Altman, PhD" (1298264320)

00:44:29.610 --> 00:44:33.630

I think developing the specifics for the provider is gonna be most helpful.

336 "Myra Altman, PhD" (1298264320)

00:44:34.525 --> 00:44:45.175

I know we're coming close on times. Let me just wrap up a couple more things and then we'll open for more questions. So, just a few reminders views caregivers you do set the tone. So, how you talk about things in front of your child.

337 "Myra Altman, PhD" (1298264320)

00:44:45.175 --> 00:44:53.605

Really matters what you model with your behavior, they're going to see that, and they're going to learn from that. They're going to learn how dangerous the world is and they're going to learn.

338 "Myra Altman, PhD" (1298264320)

00:44:53.630 --> 00:45:03.900

And whether they're able to cope with hard things. So if you're always intervening when there's a theory situation for them, they might not learn that they can handle that situation.

339 "Myra Altman, PhD" (1298264320)

00:45:03.900 --> 00:45:13.320

We want to make sure we're reinforcing the thing that we want to see more of. So when your kid is brave and they choose bravery over fear, when they.

340 "Myra Altman, PhD" (1298264320)

00:45:13.320 --> 00:45:18.330

Don't throw things and they say I'm really overwhelmed and I'm going to sell to you in another way.

341 "Myra Altman, PhD" (1298264320)

00:45:18.330 --> 00:45:25.560

Praise that reward that with hugs with stickers just really reinforce

the behaviors that you want to see.

342 "Myra Altman, PhD" (1298264320)

00:45:25.560 --> 00:45:34.380

And then it's really, really hard to be a so taking care of yourself, making sure you get whether that's mental health support just.

343 "Myra Altman, PhD" (1298264320)

00:45:34.380 --> 00:45:38.040

Time I'm calling in, in all your reinforcements.

344 "Myra Altman, PhD" (1298264320)

00:45:38.040 --> 00:45:48.300

Will be really, really helpful for those who have access to bright line. You can sign this QR code to get started.

345 "Myra Altman, PhD" (1298264320)

00:45:48.300 --> 00:46:01.945

It'll walk you through how to get your account created, entering your password email, creating a password, putting in your insurance information, your employer information to confirm coverage. And then we ask about, who are your keynotes that you want support for?

346 "Myra Altman, PhD" (1298264320)

00:46:02.155 --> 00:46:08.215

What are the things you need support for? And then again we're going to ask some of those questions to get a sense of severity, which will help guide us.

347 "Myra Altman, PhD" (1298264320)

00:46:08.300 --> 00:46:21.450

Do we recommend working with a therapist? Do we recommend working with a coach parent focused child and parent together in, like a dyadic care model? So helping guide you throughout that process?

348 "Myra Altman, PhD" (1298264320)

00:46:21.450 --> 00:46:30.660

Dana, how much time do we have for any more questions? I'm happy to answer anything else that's come up, but hopefully you've heard loud and clear anxiety is a healthy.

349 "Myra Altman, PhD" (1298264320)

00:46:30.660 --> 00:46:43.470

Part of life, we want to help kiddos learn to be brave to face their fears to be able to manage that anxiety. And when in doubt get support, it's never too early.

350 "Myra Altman, PhD" (1298264320)

00:46:43.470 --> 00:46:49.500

We have 11 minutes remaining fabulous.

351 "Dana andersen" (3939769600)

00:46:49.500 --> 00:46:56.580

So, are we open for questions? Yeah, yeah. Okay. Open for questions. We'll see what we get. Thank you.

352 "Dana andersen" (3939769600)

00:46:57.205 --> 00:46:58.255

Thank you so much.

353 "Dana andersen" (3939769600)

00:47:12.295 --> 00:47:14.515

Maybe have a question. Yeah.

354 "Dana andersen" (3939769600)

00:47:16.260 --> 00:47:23.520

Tips on how to guide my 13 year old son with anger management, emotional regulation.

355 "Dana andersen" (3939769600)

00:47:23.520 --> 00:47:30.030

He gets frustrated and angry with himself when he has what he perceives to be poor performance and sports.

356 "Myra Altman, PhD" (1298264320)

00:47:33.660 --> 00:47:38.520

Yeah, really, really good question. So again we want to follow that.

357 "Myra Altman, PhD" (1298264320)

00:47:38.520 --> 00:47:48.390

How do we want to validate that? It's understandable to feel these emotions we want to help him label. What those emotions are. Are you feeling frustrated? Are you feeling.

358 "Myra Altman, PhD" (1298264320)

00:47:48.390 --> 00:47:51.600

Said, very often anger.

359 "Myra Altman, PhD" (1298264320)

00:47:51.600 --> 00:48:04.590

Kind of secondary emotion for some kiddos for some adults. It's easier to feel angry than it is to feel sad or ashamed. So, trying to help them get like, what is the root of it? Like maybe I'm ashamed. I'm going to let you down.

360 "Myra Altman, PhD" (1298264320)

00:48:04.590 --> 00:48:15.570

There might be some role for reassurance. It's like, hey, you're never going to let us down. We love you. No matter what. Or again for that exposure to hey, but maybe you didn't have a great game and.

361 "Myra Altman, PhD" (1298264320)

00:48:15.570 --> 00:48:27.060

We all love you still right? So, like, really helping them tie the link between, like, is that fear really valid? And should it be helping guide their life and then you want to help them have lots of good.

362 "Myra Altman, PhD" (1298264320)

00:48:27.060 --> 00:48:33.120

Emotion regulation skills is what we would call it like, what to do when your emotions are really big.

363 "Myra Altman, PhD" (1298264320)

00:48:33.120 --> 00:48:45.300

Sometimes it's like, if your motion is 10 out of 10, what's going to help you bring it down to a 7 so that it's not overwhelming that depending on age. So it sounds like teenage to this person. Maybe deep breathing.

364 "Myra Altman, PhD" (1298264320)

00:48:45.385 --> 00:48:59.185

Maybe holding an ice cube can really help calm them down. Maybe doing 10 some jumping jacks really thinking through what's going to help them manage that and then long term good stress management techniques. Mindfulness. Exercise can be helpful.

365 "Myra Altman, PhD" (1298264320)

00:49:00.355 --> 00:49:05.275

So those are the tips that kind of come top of mind, but again doesn't hurt to check in with a provider.

366 "Myra Altman, PhD" (1298264320)

00:49:05.300 --> 00:49:09.240

And got a little bit of extra support there as well.

367 "Dana andersen" (3939769600)

00:49:09.240 --> 00:49:17.220

And then how can you help older teenagers open up when they are stressed but keep it to themselves?

368 "Myra Altman, PhD" (1298264320)

00:49:17.220 --> 00:49:20.730

Yeah, this is where I think modeling can be.

369 "Myra Altman, PhD" (1298264320)

00:49:20.730 --> 00:49:25.680

Really helpful so talking about how you manage stress.

370 "Myra Altman, PhD" (1298264320)

00:49:25.680 --> 00:49:29.790

Kind of reinforcing that stresses normal part of life.

371 "Myra Altman, PhD" (1298264320)

00:49:29.790 --> 00:49:42.600

Um, and it's okay to have it for a lot of kids, it can be easier to talk when you're doing things. So really helping understand you, you know, maybe if you go for a walk or, you.

372 "Myra Altman, PhD" (1298264320)

00:49:42.600 --> 00:49:47.940

Play some sports together, it might be easier for them to then open up in those settings.

373 "Myra Altman, PhD" (1298264320)

00:49:47.940 --> 00:49:58.585

Um, also, it might be that there are other people that they might feel more comfortable chatting to whether it's a coach or appear just making sure that they have those places.

374 "Myra Altman, PhD" (1298264320)

00:49:58.585 --> 00:50:07.915

So, maybe it's, it's okay if you don't want to talk to me about it, but I want to make sure you have all the support you need. What are some things we can do to support you some other really great.

375 "Myra Altman, PhD" (1298264320)

00:50:07.940 --> 00:50:15.690

Things labeling emotions mindfulness. There's a lot of mindfulness exercises that are designed for kids of different ages.

376 "Myra Altman, PhD" (1298264320)

00:50:15.690 --> 00:50:26.785

That can be just also a helpful tool and strategy, but yeah, finding ways, places and times where it might be easier for them to open up or people that might be easier for them to open up to my hope.

377 "Myra Altman, PhD" (1298264320)

00:50:26.785 --> 00:50:32.575

Is that getting mental health support is starting to become much more normalized so, people are more open to.

378 "Myra Altman, PhD" (1298264320)

00:50:33.060 --> 00:50:42.900

Checking in with a therapist or a coach, but also just validating. That's normal to feel stressed and it's okay to talk about it. And this is how you think about it and how you work on it.

379 "Dana andersen" (3939769600)

00:50:42.900 --> 00:50:57.330

Something that modeling can be really helpful and then, next question are there any key suggestions on how to help by 3 and 6 year old daughters labeling their emotions and learning how to cope with them?

380 "Myra Altman, PhD" (1298264320)

00:50:57.330 --> 00:51:06.570

Yeah, I mean 1st of all, you're like, fully on the right path, so it can be helpful to there's lots of books.

381 "Myra Altman, PhD" (1298264320)

00:51:06.570 --> 00:51:16.075

That help kids, like, think about and label emotions. What's 1? I've been reading recent like the color monster, so think books can be a really helpful way of doing it.

382 "Myra Altman, PhD" (1298264320)

00:51:16.165 --> 00:51:26.545

It can be really helpful to as your reading books talk about how a different character might be feelings or maybe you're reading a book where a kid gets paraded from his parents.

383 "Myra Altman, PhD" (1298264320)

00:51:26.570 --> 00:51:32.520

There's like a book I'm thinking of where, and I'll a baby L gets lost him. I said, oh, how might that? I'll feel in that moment.

384 "Myra Altman, PhD" (1298264320)

00:51:32.520 --> 00:51:40.260

Oh, maybe he'll feel sad or scared. What's it? Like, when you feel sad or scared? So sometimes having it be an external character can make it easier for kids to.

385 "Myra Altman, PhD" (1298264320)

00:51:40.260 --> 00:51:45.630

Get it and to talk about it so I would just bring the conversation of emotions into every day.

386 "Myra Altman, PhD" (1298264320)

00:51:45.630 --> 00:51:49.200

Life if something happens in, you're frustrated.

387 "Myra Altman, PhD" (1298264320)

00:51:49.200 --> 00:51:56.250

You know, the something happened at work that you're frustrated about, you say oh, yeah, I'm really frustrated because my boss changed it that line on me.

388 "Myra Altman, PhD" (1298264320)

00:51:56.250 --> 00:52:01.350

Kid might not understand what a deadline is, but you can say this is

what it feels like for me. Do you ever feel.

389 "Myra Altman, PhD" (1298264320)

00:52:01.350 --> 00:52:12.000

Kind of do you feel tightness in your tummy? Maybe that's anxiety just making a part and parcel of every day conversations. And then again, some mindfulness might be a really nice way.

390 "Myra Altman, PhD" (1298264320)

00:52:12.000 --> 00:52:23.040

To have them slow down and notice feelings in their body. So helping, bring it back to the body. What are you feeling in your body? That might be an indication of what your emotion is.

391 "Dana andersen" (3939769600)

00:52:23.040 --> 00:52:33.360

Okay, next question, my 7 year old has anxiety going to the bathroom alone due to an experience as a toddler or the toilet overflow at daycare.

392 "Dana andersen" (3939769600)

00:52:33.360 --> 00:52:45.150

We have tried to talk to her, help her understand why it happened and she understands, but still chooses to hold it to the point of having minor accidents in public.

393 "Myra Altman, PhD" (1298264320)

00:52:45.150 --> 00:53:00.145

Yeah, I mean, unfortunately not uncommon at all. Right? So a very stressful situation can just sort of really encode or stick in in someone's mind and say, you're gonna work on slowly building your way up to the behavior that.

394 "Myra Altman, PhD" (1298264320)

00:53:00.420 --> 00:53:10.380

You want to see again, this is where I'd really recommend working with a therapist on, but perhaps it's like, let's just sit in the bathroom for a while.

395 "Myra Altman, PhD" (1298264320)

00:53:10.380 --> 00:53:23.400

Let's just sit on the 20 when you don't need to go, it's gonna be kind of personalized to the exact situation, but slowly starting to get them used to that and getting comfortable with it over time. Not trying to.

396 "Myra Altman, PhD" (1298264320)

00:53:23.400 --> 00:53:35.460

Rush it too quickly. You have 5 minutes to remaining.

397 "Myra Altman, PhD" (1298264320)

00:53:35.460 --> 00:53:43.470

And I know folks also up and have things to get to. So definitely hop when you need to I'm so grateful that everyone.

398 "Myra Altman, PhD" (1298264320)

00:53:43.470 --> 00:53:47.970

Took the time to join hopefully this has been helpful and certainly please.

399 "Myra Altman, PhD" (1298264320)

00:53:47.970 --> 00:53:56.340

Get some support from bright line if it would be helpful, we, we'd love to support you and your family in managing anxiety or anything else that's coming up.

400 "Dana andersen" (3939769600)

00:54:00.180 --> 00:54:08.820

Okay, so we would like to thank you for being here. Today. You are.

401 "Dana andersen" (3939769600)

00:54:08.820 --> 00:54:14.940

Are very welcome to join our next webinar that is going to take place.

402 "Dana andersen" (3939769600)

00:54:14.940 --> 00:54:24.690

In August, and you can check my Cigna com for invitation there for that seminar. And, um.

403 "Dana andersen" (3939769600)

00:54:24.690 --> 00:54:35.040

Also, we want to really think that's relevant for being here. It was a pleasure and this was a very informative.

404 "Dana andersen" (3939769600)

00:54:35.040 --> 00:54:44.040

Presentation really appreciate everybody's time and this will conclude our presentation for today.

405 "Myra Altman, PhD" (1298264320)

00:54:44.040 --> 00:54:48.480

Thank you so much Thank you.