

How to Support Your Child with Anxiety



What is Anxiety?



At times, we all have anxiety. Anxiety can warn us of threats, guard us from danger, and help us reach our goals. However, anxiety can become a concern if one is worrying much of the time, avoiding fun activities, or not going to school.

Supports at Home

Feel Our Feelings

- Anxiety can feel like butterflies in your stomach, a fast heartbeat, etc. Help your child know how her/his anxiety feels by asking these questions:
 - Where do you feel worry/fear in your body?
 - What happens to your body when you begin to feel worried?

Connect Feelings to Thoughts

- When we feel anxious, we may have unhelpful thoughts about ourselves. Help your child understand her/his unhelpful thoughts.
 - Example of negative thought: *I am about to give a presentation, everyone is going to make fun of me.*

Different Thoughts

- When we know our unhelpful thoughts, we can stop them with helpful thoughts. Example of a helpful thought:
 - It's alright to be nervous, I worked hard on this presentation and I am ready!*
- With your child, make a list: *Instead of saying this (phrase), I can say this (phrase).*

Problem Solve

- Help your child learn how to problem solve by asking these questions:
 - What could someone do to make this less scary?
 - Which options are useful?
 - Are any options NOT helpful?
 - What might be the best option?

How to Respond to Anxiety

"It sounds like your anxiety is acting up. What could you do to boss it back? Are there any helpful thoughts that you can tell yourself?"

"You already know the answer to that question. I am not going to answer that."

"We will talk more about this when you are calm."

HOW ANXIETY CAN LOOK

- Never happy with schoolwork
- Changes in eating or sleeping
- Tantrums or negativity
- Lower self-worth
- Many school absences
- Loss of interest in school activities

FACE OUR FEARS

Help your child face their fears. Develop a simple plan with your child that starts with small tasks that are anxiety provoking. Make sure to celebrate with your child when they get through an anxious situation.

RELAXATION APPS

Stop, Breathe & Think

Smiling Mind

Relax and Rest

Sleep Pillow

Breathe2Relax

MindShift

References:

Anxiety BC. (2016). *How to address excessive reassurance seeking*. Retrieved from <https://www.anxietybc.com/parenting/how-address-excessive-reassurance-seeking>
 Boone County Schools Mental Health Coalition. *Working with students with anxiety in the classroom*. Retrieved from: <http://bcschoolsmh.org/Media/pdf/BCSMHC-ManagingStudentAnxiety-Primary&Elementary.pdf>
 Kendall, P.C., & Hedtke, K.A. (2006). *Cognitive-behavioral therapy for anxious children: Therapist manual*. Ardmore, PA: Workbook Publishing.
 The ABCs of Mental Health. *The worried child-Introduction*. Retrieved from <http://www.hincksdellcrest.org/ABC/Teacher-Resource/The-Worried-Child/Introduction.aspx?viewType=Behaviours%20Map>

Therapist and Mental Health Providers in Mid-Missouri who Support Anxiety

Psychological Services Clinic

211 S 8th Street
Columbia, MO 65211
573-882-4677
Ages Served:
Children/adolescents, adults,
couples, and families

Rebekah Freese

Mayer, Flanagan, Scott and
Associates
3407 Berrywood Dr., Ste., 200
Columbia, MO 65201
573-443-1177
Ages served:
Children/adolescents (0-19),
individual adults, couples, and
families

Ada Gallup

Kelly Jackson Counseling,
M.Ed., PLPC
409 Vandiver Dr.
Bldg. 4, Ste 102
Columbia, MO 65202
(573) 239-6642
Ages served:
Children/adolescents (3-19),
individual adults, couples, and
families

S. Alicia Heard

Rise Counseling, LLC
601 W. Nifong Blvd. Bldg. 5A,
Ste 1
Columbia, MO 65203
573-397-8016
Ages served:
Children/adolescents (3-19),
individual adults, couples,
families

Patrick Kane, LCSW, DCSW

Heartland Center for Men and
Women
2100 E Broadway
Ste 213
Columbia, MO 65201
(573) 449-0120
Ages Served:
Children/Adolescents (14-19),
individual adults, couples, and
families

Allison Norfleet, LPC

Safe Harbor Counseling, LLC
2625 Fairway
Fulton, MO
573-826-0308
Ages Served: 5-9 years old;
10-14 years old; 15-19 years
old; Adults; Families

Victoria Day, M.Ed.

201 W. Broadway, Building 3-I
Columbia, MO
573-214-0436
Ages Served: 15-19 years old;
Adults

Melissa Rapp, LCSW

Pathways, Family Counseling
Center
403 Dysart St
Columbia, MO 65203
(573) 234-2463
Ages served:
Children/Adolescents (11-17)

Misty J. Werkmeister

409 Vandiver
Blog 4 Ste 100
Columbia, MO 65202
(573) 682-4985
Ages Served:
Children/Adolescents (3-19),
individual adults, couples, and
families

Tara Lusby

Kiessling and Associates
108 E Green Meadows Rd
Ste 9
Columbia, MO, 65203
(573) 821-5370
Ages Served:
Children/Adolescents (9-19)
and individual adults

Luanne Andes, LCSW

3610 Buttonwood Dr., Suite
262
Columbia, MO
573-886-8986
Ages Served: 10-14 years old;
15-19 years old; Adults;
Couples; Families

Sharon Cantrell-Brush, LCSW

Inner Reflections Child &
Family Counseling
601 W. Nifong Bldg. 5
Columbia, Mo.
573.442.9669
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Adults;
Couples; Families

Stephanie Parsons

1310 Old Highway 63 S
Ste 1
Columbia, MO 65201
(573) 874-8818
Ages served:
Children/adolescents (5-19),
individual adults, couples, and
families

Sandra Rahm

323 E Morgan
Ste D
Boonville, MO 65233
(660) 537-5228

Ages served:
Children/Adolescents (6-17),
individual adults, couples, and
families

Mary Ellen Degnan, Ph.D.

MU Psychological Services
Clinic
211 S. 8th Street
Columbia, MO
573-882-4677
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old

Erica Healy

Healy Christian Counseling,
LLC
601 W. Nifong
Bldg. 5A
Columbia, MO 65203
573-356-1127
Ages served:
Children/adolescents (2-19)

Kelly Jackson, LCSW

409 Vandiver Dr., Building 4,
Suite 102
Columbia, MO 65202
573-289-0792
Ages served:
Children/adolescents (0-19),
individual adults, families

Cate Johnston, LCSW

201 W. Broadway, Suite 3-I
Columbia, MO
573-214-0436
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Adults

Julia Lee, LPC

Family Facets
701 Vandiver Dr.
Columbia, MO
573-886-7422 ext. 0
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Adults;
Couples; Families

James M. McGee, LPC, BTTI

1316 Old Highway 63 S. Suite
101
Columbia, MO 65201
573-808-6488
Ages Served: 10-14 years old,
15-19 years old, Adults,
Couples, Families

Toby Mills-Sandoval, LCSW

2014 Austin Ave.
Columbia, MO
573-200-0479
Ages Served: 10-14 years old;
15-19 years old; Adults;
Couples; Families

Jessica M. Beasley

600 W Morrison St. Ste 18
Fayette, MO 65248
Ages served:
Children/adolescents (3-19),
individual adults, couples,
families

Melinda Motter, LPC

Counseling Associates
1310 Old Highway 63 South
Suite 1
Columbia, MO 65201
573-874-8818
Ages served:
Children/Adolescents (3-19),
individual adults, couples,
families

Rachel Bailey

Family Facets
701 Vandiver Dr.
Columbia, MO 65202
Ages served:
Children/Adolescents (5-19),
adults, couples, and families

Elizabeth Ryberg

Ryberg Counseling
601 W. Nifong Blvd.
Suite 5A
Columbia, MO 65203
573-239-4827
Ages served:
Children/Adolescents (ages 0-
19), Families, Parent
Consultation

Kayan Phoebe Wan

Student Health Center
1020 Hitt St
DC 800.00
Columbia, MO 65201
573-882-5461
Ages served: Individual
adults, couples

Kate Weir, Ed.S., LPC

Kate Weir Counseling, LLC
601 W Nifong Building 5A
Columbia, MO
573-808-4522
Ages Served: 0-4 years old;
5-9 years old; 10-14 years
old; 15-19 years old; Parent
Consultations

Rebecca Williams

Lawrence Oliver & Associates
201 W Broadway
Building 2, Suite F
Columbia, MO 65203
573-214-0436
Ages served:
Children/adolescents (0-19),
families

Christine Woods, LCSW

Integrative Community
Services
PO Box 85
Columbia, MO
573-864-3538
Ages Served: 9-19 years old

For additional services, including agency supports, please visit:
<http://youthmentalhealth.missouri.edu/referraldirectory.html>