

I am seeing more and more children who are struggling with anxiety. For that matter, I am seeing more and more PEOPLE who are struggling with anxiety. A defining issue can be our extreme busy-ness and our need to succeed. I too fall prey to these demands (so much so, that I began writing this article in SEPTEMBER). The question is, what is self-imposed and what is imposed upon us? We actually CAN choose.

Know for sure that part of dealing with and treating the symptoms of World 2015 is to live and be IN it. For children, teaching balance and giving self-esteem and affirming your child's uniqueness is your job.

We don't shoot for eliminating anxiety, we work on managing it. Although it is always great to eliminate something, a realistic goal is a better place to begin.

Respect your child's feelings and be realistic. Your child may not be great at soccer or an A student, so the anxiety that accompanies wanting to be something he/she is not must be tempered with reality. Try not to reinforce fears by asking questions that are too leading, "Are you worried about your science test?" Instead, focus on solutions. If you ever have any questions or concerns, feel free to contact me and we can discuss the issues and together we can find solutions!

Karen Lundy, ICS School Counselor
~"The teaching never stops!"