

OUTLINE

What is Causing Rising Childhood Anxiety?

The Challenges of 21st Century Living for Kids

- Disconnection
 - Adult technology use
 - Social media
 - Caregiver stress and distraction
- Over-stimulation
 - Technology
 - Academic pressure
 - Changing expectations
 - Over scheduling
 - World events

Assessing for Anxiety - How Do Kids Cope?

Common Reactions to Anxiety

- Withdrawal
- Procrastination
- Perfectionism
- Seeking reassurance and affirmation
- Risk-taking and substance abuse
- Relationship challenges

Tools and resources children already have

Implications for mental health and long term individual and community outcomes

Why Do We Have Anxiety and What is it Trying to Tell Us?

Types of anxiety

Anxiety and the brain-nervous system-body relationship

Anxiety as necessary and functional – we all have it!

- Gives us information
- Can help us prepare for challenges

What happens when anxiety becomes mal-adaptive?

- Relationship between mindset and biology of the nervous system
- Reduced decision making capacity
- Increasing reactivity
- Impact of frequent overwhelm

Trauma and anxiety

Relationship and the role of the adults in childhood anxiety

Yoga, Mindfulness and Resilience

Embodied mindfulness practices build the capacity to navigate stress

Reading the messages of the body

- Recognizing the early warning signs of anxiety
- *Checking in with my body*

Engaging and strengthening our inner resources

- Body
- Breath
- Mindset

Activities for Managing Escalating Emotions and Finding Equilibrium

Grounding

- *Feeling my feet*
- *Somatic holds*

Orienting

- *Layers of sound*
- *Five senses*
- *Tapping*

Managing intrusive thoughts and rumination

- *Single pointed focus*
- *Naming my thoughts*

What to Do When Anxiety Shows up: Response Strategy Skills

Ask for help

- *Partner chair pose*

Take a break

- *Calming breath*
- *Legs up the wall*

Keep trying

- *Managing frustration and other strong emotions*
- *Standing balance*
- *Chair pose*

Practices for Building Agency and Personal Power to Enhance Resilience

Change your mindset, change your nervous system

- *The warriors*
- *Finger affirmations*
- *Mountain top visualization*

Harness the power of helping others

- *Partner warrior three*
- *Leading a practice*

Activities to Fight Anxiety with Connection and Attunement

Imaginary ball pass

Rainstorm

Crazy 8s

Kind wishes

Live Seminar & Webcast Schedule (Times listed in Central)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

OBJECTIVES

1. Consider the impact of family, school, media and global events on children as it relates to anxiety and treatment options.
2. Identify various forms of anxiety, and learn to use anxiety as an information gathering tool.
3. Build client capacity to identify rising anxiety before it becomes overwhelming or debilitating.
4. Learn to manage escalating emotions and intrusive thoughts with embodied practices.
5. Develop differentiated strategies to address anxiety rooted in building self-awareness, capacity and confidence.
6. Enhance resilience through personal and partner-based practices.

Don't Miss!
**LIVE VIDEO
WEBCAST**

FRIDAY
December 14, 2018

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ANXIETY in Children & Adolescents

Yoga and Mindfulness Skills to Create
Calm, Navigate Stress, and Restore
Emotional Balance

St. Cloud, MN
Wednesday, December 12, 2018

Bloomington, MN
Friday, December 14, 2018

Roseville, MN
Thursday, December 13, 2018

Live Video Webcast
Friday, December 14, 2018

ANXIETY in Children & Adolescents

Yoga and Mindfulness Skills to Create
Calm, Navigate Stress, and Restore
Emotional Balance

"Little Flower Yoga offers a step-by-step map to help you make this body-centered mindfulness practice a regular part of your life with the kids you care for."

– Daniel J. Siegel, MD

Author of bestselling books *Brainstorm* and *The Whole-Brain Child*

- 21st Century Challenges
- Why we have anxiety and what it's trying to tell us
- Reduce overwhelm and find emotional balance
- Build capacity and confidence with calming skills and strategies

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