

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

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. Explain how 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.

Target Audience:

Counselors • Social Workers • Therapists • Educators • Marriage & Family Therapists • Speech-Language Pathologists  
Occupational Therapists • Occupational Therapy Assistants Nurses • Other Mental Health Professionals

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 Schedule

**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.

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ANXIETY  
in Children  
& Adolescents

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

Plainview, NY  
Tuesday, July 23, 2019  
White Plains, NY  
Thursday, July 25, 2019

Flushing, NY  
Wednesday, July 24, 2019  
Manhattan, NY  
Friday, July 26, 2019

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Calm, Navigate Stress, and Restore  
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"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*

Addressing Today's Challenges:  
Social media  
Academic pressure  
Over-scheduling and more!

Tools and Resources to Reduce:  
Withdrawal  
Procrastination  
Perfectionism and other symptoms

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Do you work with children whose anxiety is overwhelming them, who shy away from participating in new activities or taking on challenges because they are afraid to fail....or you worry they'll choose harmful coping mechanisms as they struggle with the stress of their lives?

Kids often get a message that their anxiety is something to get rid of or push away, but like all emotions our anxiety has a job to do.

Join Alexa Wolkoff, kids' yoga and mindfulness expert, in this interactive seminar to discover how to teach our kids to better understand their own experience, and find effective ways to meet their needs and engage in their lives from a place of personal power and agency.

- Prepare for anxiety producing situations
- Navigate stress
- Reduce overwhelm and reactivity
- Participate fully in school and home
- Harness their capacity for self-compassion

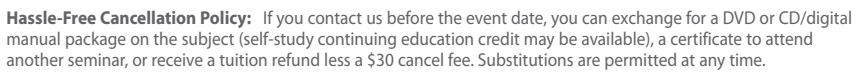
You'll walk away with a new framework for relating to anxiety, along with concrete practices to help your clients and students learn to access their inner resources, calm their anxiety, transform their relationship to stress, and thrive even when life is challenging.

Alexa Wolkoff, LCSW, RYT is a psychotherapist, community yoga studio founder, and yoga and meditation teacher in North Westchester. In her private psychotherapy practice, Alexa works with children, adolescents, adults and families both individually and in groups. Her interest is in helping clients move mindfully through major life transitions. She specializes in women getting reacquainted with their bodies after crisis, trauma, loss and the disembodiment associated with disordered eating, compulsive exercise and addiction. Alexa advocates that health is possible at every body size.

Speaker Disclosures:

Financial: Alexa Wolkoff maintains a private practice. She is the director of Sol Yoga, LLC. Ms. Wolkoff receives a speaking honorarium from PESI, Inc.

Non-financial: Alexa Wolkoff has no relevant non-financial relationship to disclose.



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*Yoga and Mindfulness Practices for Teens Card Deck* offers over 50 practices to help teens become stronger, more flexible, get better rest, manage anxiety and learn to navigate stressful situations without becoming overwhelmed. Beautifully illustrated by Karen Gilmour, coupled with easy-to-read and easy-to-implement instructions.

By Jennifer Cohen Harper, MA, E-RYT, RCYT and Mayuri Breen Gonzalez

*Mindful Chair Yoga* is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.

PESI Inc. is proud to offer this seminar (at these locations only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. ***Limited seats available; advance online registration required.***

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