

Counselor's Corner

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ANXIETY

Sadly, this generation has a higher percentage of students dealing with anxiety than any generation before them. They experience the pressures of school and multiple extra-curricular activities just as their parents did, but they also have the added stress of carrying the world in the form of a cell phone in their back pockets. The introduction of the smart phone 2 decades ago has quickly and drastically changed the world that your children are growing up in. No longer do they **only** have the stress of keeping up appearances in front of their classmates while they're at school; now they must also look good in every selfie, get the most likes for every post, have the most followers and friends on every social media platform, and be quick to reciprocate all of those things for all of their friends so that they're not scorned. Please join me in encouraging your children to rethink their use of social media and consider taking a break from it or giving it up altogether. (For tips on limiting our child's screen time, go to screenstrong.com.) As I shared last week in FLEX, a good acronym for students who are dealing with anxiety is RELAX:

- R—remind yourself of all the things you are doing that might be making you feel anxiety.
- E—explain to an adult what you are feeling and what you think might be causing your anxiety.
- L—lay out a plan with your trusted adult to help you take control of the situation.
- A—applaud yourself whatever the outcome because you are trying and will eventually succeed.
- X—x-hale and inhale, breathing in slowly and deeply through your nose and breathing out slowly through your mouth, 2-4 times.