

Worries

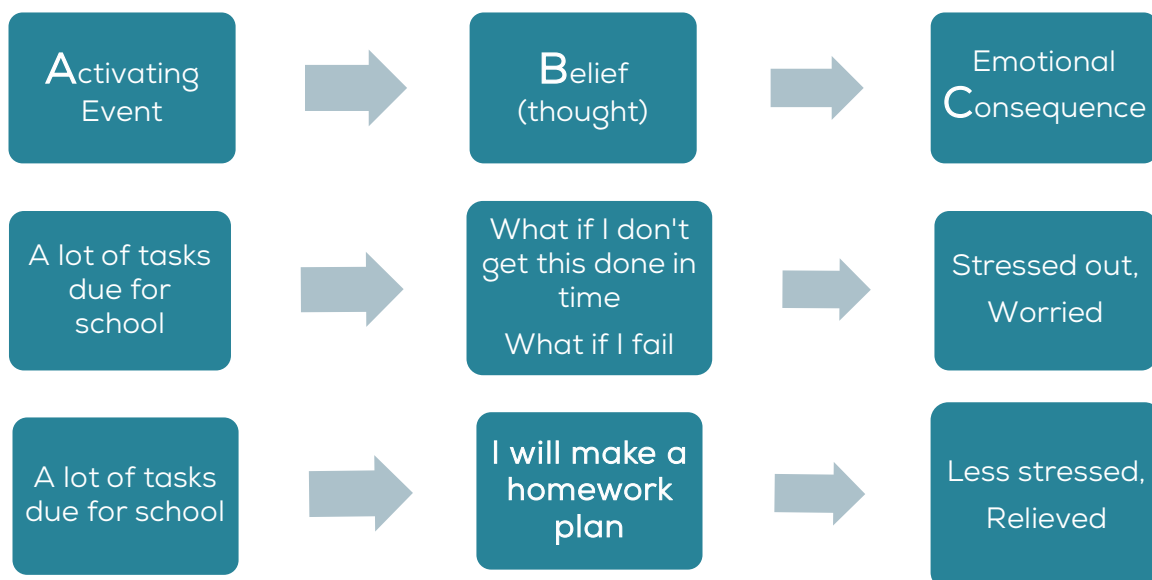
ABOUT WORRIES

It is not uncommon for adolescents to experience worry. Some common worries experienced by teens may include those related to family, friendships, school, stress, safety, looks, health, conflict, money and bullying. The current climate related to Covid-19 has created uncertainty and changes to our way of living and interacting with others. Your child may experience heightened worries with the uncertainty and changes they are currently experiencing to their usual routine.

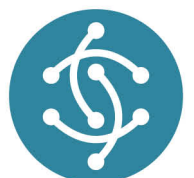
We have many thoughts on any given day, so it is natural for some of these to include worries. Emotions give us important information about the world around us and worry serves an important function. Worry helps us to be aware of what might be dangerous or challenging. This gives us time to plan how to respond and helps us to anticipate real or potential threats/dangers. It can also help us to solve problems and motivate us. When worries become excessive they can be problematic. While we can't always change the situation we are in, we can learn new ways of thinking about it. Changing how we think about a problem is the focus of this activity.

SUGGESTIONS FOR THIS ACTIVITY

Changing how we see a situation can be a powerful way of influencing how we feel about a situation. In this activity your child will be introduced to the ABC model of managing emotions and will be encouraged to **reframe** how they look at **worry**. They will have a go at replacing worrying thoughts and evaluating how this then impacts on their emotions. Here is an example:



As you can see from this example, changing our thoughts about an event can cause us to experience more helpful emotions. While we can't always change the event, we can change the way we think about it. Your child will be introduced to this and a range of tips they can try at home to help them effectively deal with worry.



WHAT IF MY CHILD HAS LOTS OF NEGATIVE EMOTIONS THEY AREN'T SURE HOW TO DEAL WITH?

- Reassure them that it's natural to respond this way given the current challenges we all face.
- Encourage them to keep talking with you about how they're feeling. Sometimes, strong emotions can be alleviated just by letting them out and talking.
- Don't feel like you need to solve anything right away. Just listen at first.
- If your child would like assistance, help them find solutions to the cause of their feelings (e.g. If it's loneliness, help them make connections with friends or family. If it's sadness, find time for activities that bring joy. If it's anxiety, help them to see the issue from a different perspective).
- Seek additional help if you think you need it.

If you feel your son needs further help and you wish to discuss the services the school counsellor can provide, please see your son's homeroom teacher or Amos Pilgrim amos.pilgrim@medbury.school.nz. The school counsellor, Jenelle Hooson, is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

Here are some support options specifically for young people aged between 5 and 25:

- [Need to Talk?](#) Free call or text 1737 any time to speak to a trained counsellor, for any reason
- [Youthline](#): 0800 376 633 (24/7), or free text 234 (8am-12am), or email talk@youthline.co.nz
- [What's Up](#): online chat (7pm-10pm) or 0800 WHATSUP / 0800 9428 787 children's helpline (12pm-11pm weekdays, 3pm-11pm weekends)
- [Kidsline](#) (ages 5-18): 0800 543 754 (24/7 but between 4pm and 9pm calls are answered by a Kidsline Buddy, specially-trained year 12 and 13 students)

Further resources to help parents support their children during this time:

<https://www.allright.org.nz/>

<https://www.mentalhealth.org.nz/>

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