



HOW THERAPY CAN HELP KIDS WITH ANXIETY AND STRESS

1

IDENTIFYING TRIGGERS

The therapist helps the child identify specific situations, thoughts, or feelings that trigger their anxiety and stress.

TEACHING COPING STRATEGIES

Therapy provides a safe space for children to learn and practice various coping strategies to manage their anxiety and stress.

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BUILDING RESILIENCE

Therapists work with children to build resilience by helping them develop problem-solving skills, positive self-talk, and the ability to adapt to challenging situations.

ADDRESSING UNDERLYING ISSUES

Therapy helps uncover and address any underlying issues contributing to the child's anxiety and stress, such as past trauma, family dynamics, or social pressures.

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ENCOURAGING EXPRESSION

Through therapy, children are encouraged to express their emotions, fears, and worries in a supportive environment, which can help alleviate their anxiety and stress.

PROVIDING SUPPORT AND VALIDATION

Therapists offer emotional support and validate the child's experiences, helping them feel understood and less alone in their struggles.

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PROMOTING SELF-CARE

Therapy emphasizes the importance of self-care practices, such as regular exercise, healthy eating, and sufficient sleep, to support overall mental well-being.

Therapy can be an effective and empowering way to help children manage and overcome anxiety and stress, so you can visit [mental health services in Northwest suburbs of Chicago](#).