

PARENT ROUNDTABLE *guide*

11.04.2021

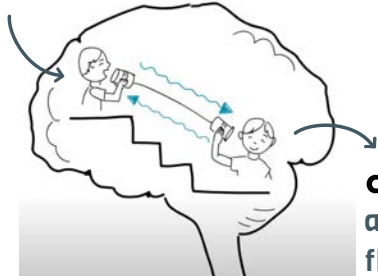


ANXIETY

What it is & how to recognize it.

upstairs

logical processing, plans, organizes



downstairs
amygdala: fight,
flight, freeze

non-anxious state:

anxious state:



Kids Want to Know. (2017, March 12). Why Do We Lose Control of Our Emotions [Video].
YouTube. <https://www.youtube.com/watch?v=3bKuoH8CkFc&t=330s>

Tips & Tools

"Over-estimation of the problem and under-estimation of oneself." Sissy Goff



vs.



*** When should I be concerned? ***



Is it a pattern?
Is it disruptive?
Is it debilitating?
Build a team.





show up
...
loved

1 — 2 — 3 — 4 — 5

see them
...
understood

1 — 2 — 3 — 4 — 5

just listen
...
safe

1 — 2 — 3 — 4 — 5

speak life
...
worthy

1 — 2 — 3 — 4 — 5

build grit
...
empowered

1 — 2 — 3 — 4 — 5

Tips & Tools

you go first:
slow down, create
space, adjust your
plans and connect



ask for help?



T.H.I.N.K.: is it...

- True
- Helpful
- Inspiring
- Necessary
- Kind

Teach them
how to embrace
(not resist) the
adversity in their
life through
mindfulness,
grounding and
prayer.

PARENT ROUNDTABLE *extras*



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remember

- Brains are wired to respond to love and empathy, even when in despair.
- When we experience connection, love, empathy, and secure attachment, oxytocin floods the brain and begins to rewire it in a healthy way.
- Parents have the ability to heal kids through love and empathy faster and more effectively than anyone else.

reflect

This topic can get heavy real fast. Feel free to use this space to jot down what surprised you, questions to ask, possible next steps, etc.

I am confident that the Creator, who has begun such a great work among you, will not stop in mid-design but will keep perfecting you until the day Jesus the Anointed, our Liberating King, returns to redeem the world.

Philippians 1:6
VOICE

resources

➤➤➤ **Get the book.**
Shop at The Crossing bookstore or wherever books are sold.



➤➤➤ **Connect with us.**
kids@thecrossing.church
youth@thecrossing.church
pastors@thecrossing.church

➤➤➤ **Connect with our friends.**
Jeff Taylor, jtaylor@chesterfieldca.com
Chrissy Stergos, cstergos@chesterfieldca.com



Search "Why Do We Lose Control of Our Emotions" on YouTube



Search "Fight Flight Freeze - Anxiety Explained For Teens" on YouTube

Feelings Wheel



Podcast | Season 4, Episode 7: Dealing with Anxiety and Emotions in Kids

ADDITIONAL BOOKS

"Fighting Invisible Tigers: Stress anagement for Teens", by Earl Hipp
"Anxiety Relief for Teens", by Galanti
"1000 Happy Faces", by Szabo & Hall
"1000 Worry Free Girls", by Sissy Goff
"Drama Queens", by Mark Greggston