

UPDATE

May 2020

Tips For Parents of Teens Struggling With Anxiety During COVID -19

Coronavirus can stir up all sorts of feelings in teens, including anxiety. For adolescents who struggle with anxiety, this time of COVID-19, quarantine and self-distancing can exacerbate those anxiety symptoms and may make them worse. Here are several ways that parents can support their teens to cope during these difficult and unprecedented times:

ACKNOWLEDGEMENT

Having a parent acknowledge the thoughts and feelings of an anxious teenager can undoubtedly help your child feel less isolated and less alone. Your teenager is likely to feel a sense of compassion and reduced anxiety helping them feel calmer and having their state of mind more at ease.

IDENTIFYING PERSONAL SPACE

Right now during this time of quarantine many people can relate to feeling confined and on top of one another. This can certainly amplify anxiety. Initiate and engage in a discussion posing questions to your teen to determine what personal space can look like and what will suit your teen best during this time. One example is identifying an appropriate amount of time in which your adolescent can be alone in their bedroom. Another example is not having all meals together each and every day. Perhaps lunchtime is a meal that can be staggered amongst family members in the home.

SUPPORTIVE ACCOUNTABILITY

Engaging in activities can be hard to do for an anxious

person, especially when anxiety is debilitating and hinders them from doing things they previously enjoyed. While healthy hobbies may be limited to things that can be done in the home during this time of quarantine, it is very important to see that your adolescent engage in some activity each and every day. By providing supportive accountability, it can be just the push your teen needs to engage in that activity. By engaging in healthy hobbies and activities it can help an anxious person interrupt their ruminating thoughts. Exercise, such as bike riding, walking or jogging, is always a good choice.

WE ARE HERE TO HELP

Four Winds Hospital is committed to serving our patients. Please know that, as always, the health and safety of our patients and staff is our highest priority as we continue to provide treatment during this time of crisis. We are continuing to accept inpatient referrals for children, adolescents and adults and invite you to call our Admissions Office directly at 1-800-528-6624 or 1-914-763-8151, select prompt "1" to be connected. We have implemented measures for the protection of those on our campus in response to the COVID-19 crisis, following the directions of both the CDC and DOH, and our own protocols. As we remain committed to providing the very best in mental health care, please let us know if we can help. To Make A Referral, call: 1-914-763-8151 or 1-800-528-6624. 24 Hours A Day, 7 Days A Week.