

Recognizing and Managing Teen Anxiety

Discussion Questions

Recognizing and Managing Teen Anxiety
Part of the Teen Depression Webinar series



Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Our website at www.familyaware.org has tools, information, and educational resources to help you and your loved ones address depression, bipolar disorder, and their impact on your family.

Recognizing and Managing Teen Anxiety Webinar Group Discussion Materials Introduction

Families for Depression Awareness offers our Teen Depression Webinar series so caring adults have the information they need to recognize signs of depression and provide constructive support so that teens and young adults get the help they need and deserve. The **Recognizing and Managing Teen Anxiety** webinar offers a wealth of information about anxiety disorders, easy-to-learn management strategies, and treatment options. Since the focus of this webinar is teen anxiety, we touch only briefly on depression in teens. Before watching “Recognizing and Managing Teen Anxiety,” as a group, we recommend that you provide participants with a link to watch the Understanding Teen Depression webinar or consider hosting a group viewing.

Please use these discussion questions provided here in addition to the Understanding Teen Group Viewing Guide (<http://bit.ly/TDGroupGuide>). In the Group Viewing Guide, we provide suggestions for equipment, creating a safe space, facilitating, and role-play scenarios for communicating with teens and young adults.

Discussion Questions

1. Do you know a teen or young adult who has been diagnosed with an anxiety disorder? Can you describe how anxiety impacted that young person’s life and what they have done, if anything, to manage it?
2. What new or interesting information did you learn about anxiety in the webinar?
3. How can parents and caring adults help teens recognize and manage anxiety?
4. Which of these anxiety management strategies have you or the teen in your life tried? What effect did they have?
5. Which new anxiety management techniques are you going to try?
6. If you were talking to a young person who had signs of anxiety, how would you start the conversation? What points would you want to make? (Ask the group: Has anyone has had similar conversations and how did you navigate the situation?)
7. Do you anticipate any barriers to the teen’s involvement in anxiety management techniques?
*Remind participants about the Family Action Plan available at familyaware.org/actionplan.
8. How will you follow up on this webinar? What steps are you committing to take? (They might write this down for themselves rather than saying out loud.)

Thank you

We extend our grateful thanks to our generous funders for their support of the Teen Depression Program. Our current funders are listed on the Teen Depression Webinar page on our website at www.familyaware.org/training.