

Videos on Anxiety for Parents and Kids



Both parents and kids who want to learn more about anxiety may find that watching videos is the best way for them to learn. Below, you can find a list of great videos provided for parents, as well as for both younger kids and teens. Having anxiety explained through a video

might help clarify one's questions about their own anxiety or their child's. The videos provided below for parents range from learning how to help your anxious child to treatment options to an informative overview of what anxiety is. The kid videos show practical coping tips, anxiety explanations, and talks from kids who are struggling with anxiety themselves. Anxiety is experienced differently by everyone so it is crucial to remember some videos may be more beneficial than others.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens understand and improve their anxiety. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns regarding anxiety. Come back regularly, as the links are updated frequently.

For Parents:

[How Parents Can Help With Child Anxiety](#)

Informative video by UCLA Center for Child Anxiety Resilience Education and Support (CARES) Director, Dr. John Piacentini and CARES Clinical Psychologist, Dr. Diana Santacrose suggest ways that parents can help their child manage feelings of stress and anxiety.

[Five Ways to Help Your Child With Anxiety](#)

A clinical psychologist suggests five ways a parent can help their anxious child.

[How to Help Your Child Manage Stress](#)

Helpful video regarding different ways to help alleviate your child's stress. It highlights the importance of talking to suspected stressed children regarding their feelings of stress and anxiety, in order to understand it best.

[Generalized anxiety disorder \(GAD\)](#)

A general overview of what is Generalized Anxiety Disorder. The video discusses the causes, symptoms and treatment options for GAD.

[How to Help Your Child with Back to School Anxiety](#)

Pediatric Psychiatrist helps ease the stress of back to school anxiety. The video provides tips in helping parents determine whether their child is suffering from school anxiety and how to help.

Childhood Anxiety: Treatment Options

The video dives into the different treatment routes to take in order to help your child with anxiety. Specifically, the video discusses medication and cognitive behavioral therapy, and how to know which is the best choice for your child.

For Kids:

Fight Flight Freeze – A Guide to Anxiety for Kids

A video guide on anxiety targeted towards kids. Helps kids understand how the “Fight, Flight, Freeze” is a normal feeling but just may occur at unwanted times.

What is Social Anxiety

An easy to understand animated video for kids explaining what social anxiety actually is. The video dives into the symptoms of social anxiety and suggests talking to a trusted adult if the symptoms apply to you.

Wilma Jean the Worry Machine

Read-a-long of Wilma Jean the Worry Machine. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety.

Fight Flight Freeze – Anxiety Explained For Teens

A video guide for teenagers regarding their anxiety. It helps

teenagers understand “Fight, Flight, Freeze” is a normal reaction that can be triggered inappropriately in the modern world.

Overcoming Anxiety | Jonas Kolker

A 9th-grade boy talks about his personal experience with anxiety and how he worked to overcome it. A great Ted Talk for struggling teens who may relate to Jonas’ journey.

Practical Tips for Dealing with Anxiety

A fun animated video explaining what anxiety is and its symptoms. Additionally, it reveals helpful 9 practical tips to deal with and manage anxiety.

How to Tell Your Parents You Have Anxiety

Talking to parents about your anxiety can be a stressful occurrence, especially if it is for the first time. This video provides advice on how to talk to your parents about anxiety in order to convey your feelings most effectively.

TIPS – Deep Breathing Exercise

Guided deep breathing exercises to help anxiety. A perfect resource to use when overwhelmed and stressed but are unsure how to relax your breathing.

Symptoms and Strategies for Generalized Anxiety Disorder (GAD) in Children and Teens

A video describing the symptoms of anxiety in teens and children. Additionally, it provides some great ways to help manage anxiety..