Huntington High School PTSA

Helping Teens Manage “Stress/Anxiety”

I. What are some of the stressors teens are dealing with?
   • School, peer and family
   • Understanding the developmental tasks

II. Psycho-education
   • What are feelings?
     Learning to identify and explore ways they are managed.
   • Understanding ways anxiety may manifest itself. Exploring positive and negative ways of coping.

AT THIS POINT THE GROUP WILL SPLIT INTO PARENTS AND TEENS. TEENS WILL GO TO A SEPARATE PRESENTATION DESCRIBED BELOW UNDER IIIB.

IIIA. Ways Parents Can Help
   • Helping teens to identify label and normalize feelings.
   • Scaling feelings 1-10, beginning process of self-awareness and regulation.
   • Recognizing the role thoughts have in increasing and decreasing anxiety/feelings.
   • Drawing on past “coping” experiences. “How did you manage that then”?
   • Parents understanding the way they manage stress/anxiety, the way they interact with their teens about stressful situations. Also focusing on the impact these interactions have on their teen.

IIIB. Helping Teens Cope through Stress Reduction Techniques
   • Sampling of Mindful Meditation Techniques
   • Sampling of Journaling Techniques

Where: Huntington High School, 188 Oakwood Rd, Huntington, (631) 673-2001
When: Thursday, January 30th, 7pm-9pm
Presenters: Randy Tanzer, LCSW, from Life Center; Professor Anne Kopstein,, Nurse Practitioner, Psychiatry; and Suzanne Muller, Author, Speaker, Life Coach