

Lynn Lyons, LCSW  
Lynnlyonsnh.com

**The Skills We Need to Teach Our Children:**

- tolerate (and normalize) discomfort
- externalize/react differently to thoughts
- learn by doing, failing, & succeeding
- handle the uncertainty of life
- be more flexible (malleability!)
- problem solve (vs. ruminate)

*If I'm uncomfortable or unsure or nervous as I'm learning something new,  
I'm on the right track...*

EXPECT worry to show up: it's a normal part of learning and growing

EXTERNALIZE worry: step back and learn to recognize its patterns and stories

EXPERIMENT: Do stuff! The brain learns by doing, and anxiety is strengthened through avoidance

Do You Want to Make Worry **Stronger**? THEN...

- ✓ Talk about the content of the worry
- ✓ Analyze and examine
- ✓ Search for and discuss the **WHY**
- ✓ Promote calmness as the prerequisite for moving forward