

# ANXIETY & YOUTH



## TALK TO YOUR KIDS

Look

Listen

Describe



- Listen to listen and not to respond
- Reflect on what you are seeing (signs/behaviors)
- Make notes on what you see
- Refrain from diagnostic labels
- Seek professional help

## WHAT CAN YOU DO? - THRIVE 5



60 minutes of vigorous and moderate activity per day is recommended



Gut health is connected to brain health. Fuel your body!



7 hours of sleep helps boost your immunity and maintain physical activity



Being kind and compassionate can improve emotional wellbeing



Enhance belonging by connecting with friends, family and community

## What else?

- Get informed and inform others on anxiety
- Break down tasks into manageable actions
- Establish daily routines
- Role model healthy self-care

## CHECK THIS OUT...

Mental Health Collaborative

The Adolescent Brain

Anxiety Canada

Centre for ADHD

AHS - Youth Substance Use



## WHERE TO GO?

AHS Youth Services- 403.297.4664

AHS Adult Services- 403.297.3071

Alberta Resources- 211

Health Link- 811

Access Mental Health- 403.943.1500



community health  
promotion services

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