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**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)
- connection is KEY

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

***REMEMBER NARS***

**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

***ALLOW, ACKNOWLEDGE, PIVOT***

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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

**TRAPS TO AVOID**

1. Content-based Reassurance:
  - “You’re fine!”
  - “No one will judge you.”
  - “I promise you won’t throw up.”
2. Distraction and Avoidance for Short-Term Relief
3. Over-ing
  - Over-involvement
  - Over-planning
  - Over-talking
4. Modeling with your own behavior

“NARS could transform the experience of anxiety symptoms from a relatively innocuous occurrence into an acutely painful event that damages self-esteem and instills negative future expectations.”

Starr, Stroud, and I Li, 2015

**Homework:** Take an inventory of the things you do for your children that they can do for themselves. Pick 3...and STOP.