

Adjustment Disorder with Anxiety

Besides seeking professional help, other helpful strategies to consider:

- Be understanding of your child's fears and emotions. Do not downplay the emotions he/she is feeling or ask him/her to snap out of it as this can often make it more distressing for the child.
- Be emotionally available and let your child know that you are available to talk to him/her if he/she wishes to. Do not force your child to speak about the trauma but also do not avoid talking about it.
- If your child has difficulty coping with many situations he/she used to be able to cope with, find out what are your child's anxious thoughts about the situations. Time permits, go through together with your child ways that he/she can overcome his/her anxiety or anxious thoughts by using a problem-solving approach. Brainstorm with your child possible ways that he/she can overcome his/her anxiety; evaluate their pros and cons and get the student to decide what is the best solution for his/her situation. (For specific relaxation and cognitive strategies to manage anxiety, please refer to 'F' and 'U' in the section on 'Tips to help your child cope with his/her anxiety')
- Get your child to implement his/her chosen solution and evaluate its usefulness together with your child. Regardless of the effectiveness of the solution, praise your child for actively overcoming his/her anxiety on his/her own and not avoiding the anxiety. Emphasize to your child that there will usually not be a perfect solution but the important thing is that he/she gradually tries to overcome the anxiety.
- Validate and praise your child for trying to cope with his/her anxiety and stressors better.