

Adjustment Disorder with Anxiety

Besides seeking professional help, other helpful strategies to consider:

- Be warm and supportive. Express understanding of your student's difficulties and anxieties.
- Find out from your student what are some of the recent changes in the student's life that are causing him/her much stress and anxiety.
- As much as within your capacity, try to help the student to address some of these stressors, particularly if they are school-related. For example, if the student has difficulty making friends in a new school, work towards integrating him/her into a circle of friends in class.
- Teach your student specific relaxation or cognitive strategies that help in managing his/her anxiety better. (For specific relaxation and cognitive strategies in managing anxiety, please refer to 'F' and 'U' in the section on 'Tips to help your student cope with his/her anxiety')
- Validate and praise your student for trying to cope with his/her anxiety and stressors better.