

## Generalized Anxiety Disorder

Besides seeking professional help, other helpful strategies to consider:

- Validate your student's anxiety when it presents but avoid reassuring your student repeatedly over the same matter as the student with Generalized Anxiety Disorder tends to seek reassurances to avoid anxiety.
- If you feel that the anxiety presented can be managed by the student himself/herself, firmly but encouragingly tell your student that while it is normal to feel anxious, you are confident that he/she has the ability to overcome it.
- If time permits, go through together with your student ways that he/she can overcome the anxiety feeling or anxious thoughts by using a problem-solving approach. Brainstorm with your student possible ways that he/she can overcome his/her anxiety; evaluate the pros and cons and get the student to decide what is the best solution for his/her situation. (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')
- Get your student to implement his/her chosen solution and evaluate its usefulness together. Regardless of the effectiveness of the solution, praise your student for actively overcoming his/her anxiety on his/her own rather than avoiding the anxiety. Emphasize to your student that there is no one single perfect solution and what is more important is that he/she gradually tries to overcome the anxiety.
- If you feel that the student's anxiety is related to factors external of school, such as family situation, discuss with the parents or relevant external agencies on how to reduce these stressors.