



MENTAL WELLBEING AND SAFETY > ANXIETY > IN YOUNG PEOPLE

A LISTENING TO FAMILIES RESOURCE

Anxiety - In Young People

Answers to questions about anxiety in young people identified by families are provided in a conversation between two Child and Adolescent Psychologists

QUESTIONS ANSWERED IN THIS SERIES

- Introductions: Gray and Lawrence talk with psychologists from CAF services
- Being proactive and self-compassion
- Acceptance, journalling, and making a commitment
- Keeping busy and the importance of exercise
- Lifestyle balance, making time, and being comfortable
- Gratitude

and further questions

WATCH THE FULL SERIES · 12 VIDEO CLIPS

NZ families' questions about the development, health, and wellbeing of children and young people are answered in conversations with local Specialists.

listeningtofamilies.co.nz/anxiety/anxiety-in-young-people