**How To Reduce Anxiety…**

After teens experience a very frightening event they may feel afraid for days or weeks or even longer. Sometimes they know why but can’t control it, and sometimes they don’t even know why.

**If you are feeling afraid, here are some things to try:**

**Keep doing your normal everyday activities** like going to school, sports and after-school activities, even if you don’t feel like it.

**Spend more time with your parents, good friends or other adults** that you know really well.

**Tell your parents, a friend or an adult you know really well that you are feeling afraid or worried.** See if they can help you figure out why you are feeling this way.

**Remind yourself that you are safe now and the scary event that happened is over.** Sometimes people feel afraid after a frightening event even if there is no danger.

**Notice how your body is feeling and try one of these ways to feel more relaxed:**

- **Take slow focused breaths and let them out slowly.** Listen to your breathing and try to make it as even as possible. Breathe in while slowly counting to 2 and breathe out while slowly counting to 3.

- **Progressive Muscle Relaxation** is a skill that you can learn. It can help you feel calm and less anxious. It works best if you use it every day. Repeat each step at least once, tensing each muscle group for 5 to 7 seconds and then relaxing them for 20 to 30 seconds. Notice the difference between how you feel when your muscles are tense or relaxed.

  **Step 1:** Fold both your hands into tight fists. Tighten the biceps and forearms. Hold on for a few seconds, and then relax.

  **Step 2:** Wrinkle your forehead. At the same time, push your head as far back as possible. Roll it towards the right and then towards the left, then bring it back. Now tense up all your facial muscles - press your eyes hard, wrinkle your forehead, tighten your jaws, tongue pressing the roof of the mouth. Stay in this position for a few seconds, and then relax.

  **Step 3:** Arch your back as you take a slow breath. Hold. Relax. Take a slow breath, pressing out your stomach. Hold, and then relax.

  **Step 4:** Pull your feet and toes up towards the face. Hold. Relax. Now push your feet and toes down, tightening the calves, thighs and buttocks. Hold for a few seconds, and then relax.

When you met with your clinician, you and your parents may have learned and practiced some other ways to relax. Practice these techniques, too.