

Estie Alessandrini MD, PhD
HEALTHYFAMILYANDME.COM

where
POSITIVE PARENTING
and *teen anxiety* meet



the COURAGE method

HEALTHYFAMILYANDME.COM

positive parent
resilient teen
strong family



D
R
E
S
T
I
E
A
L
E
S
S
A
N
D
R
I
N
I
2
0
2
1

Connect with others

Observe but don't absorb

Understand your feelings

Recognize it's normal

Ask for help

Go & have fun

Eat & sleep better

MY NOTES

positive parenting

DEFINITION

WHY IT'S IMPORTANT

MY NOTES

teen anxiety

DEFINITION

STATS

THE TEENAGE BRAIN

anxiety *signs & symptoms*

anxiety *risk factors*

Connect with others

NOTES

Observe but don't absorb

NOTES

Understand your feelings

NOTES

Recognize it's normal

NOTES

Ask for help

NOTES

Go and have fun

NOTES

Eat & sleep better

NOTES

RECOMMENDED HOURS OF SLEEP PER DAY

anxiety *treatment*

OPTIONS (professional help comes first)

VALUE OF COGNITIVE BEHAVIORAL THERAPY

HOW TO USE IT AS A PARENT

COURAGE

teenagers are the most
misunderstood
people on the planet
they are treated like *children*
and expected to act like *adults*
everyteenagers #271

teen COURAGE *worksheet*

CONNECT WITH OTHERS

OBSERVE BUT DON'T ABSORB

UNDERSTAND YOUR FEELINGS

RECOGNIZE IT'S NORMAL

ASK FOR HELP

GO AND HAVE FUN

EAT & SLEEP BETTER

MY NOTES

how to raise a HAPPY & HEALTHY FAMILY

visit <https://healthyfamilyandme.com/teens> for more

HAPPY LIFE JOURNAL FOR TEENS

get a copy of the Happy life journal for teens using cognitive behavior therapy principles to help kids deal with big emotions



VISIT THE BLOGS
HEALTHYFAMILYANDME.COM
CLEVERLEARNINGMETHOD.COM

JOIN OUR BLOG COMMUNITY

and get weekly updates, where all the best freebies, trainings and fun stuff are shared



any QUESTIONS, COMMENTS or COLLABORATION IDEAS

email me



Estie Alessandrini MD, PhD
Estie@HealthyFamilyandMe.com

visit the blogs



HealthyFamilyandMe.com

CLEVERlearningmethod.com

please note this workbook is part of the HEALTHYFAMILYANDME
coaching program and belongs to Dr Estie Alessandrini
it is for personal use only

DO NOT SHARE OR POST ONLINE