



Our Lady of Mercy College  
Beaumont



# PARENT TALK

## 'Supporting Your Anxious Teen'

*with*

**FIONA FORMAN**

*M. Sc. Applied Positive Psychology*

**Tuesday 27<sup>th</sup> February**

**7.00pm – 8.15pm**

The number of young people with anxiety has risen over the last number of years, for many complex reasons. Anxiety can have different symptoms, and usually causes distress and can also limit young people's experiences.

It's helpful to know that there are many things we can do as parents, including striking a balance between offering support whilst also empowering our teens to deal with their anxious thoughts and feelings.

This talk will outline the protective factors in supporting young people, as well as offering evidence-based coping strategies to help them to feel calm, resilient and confident.