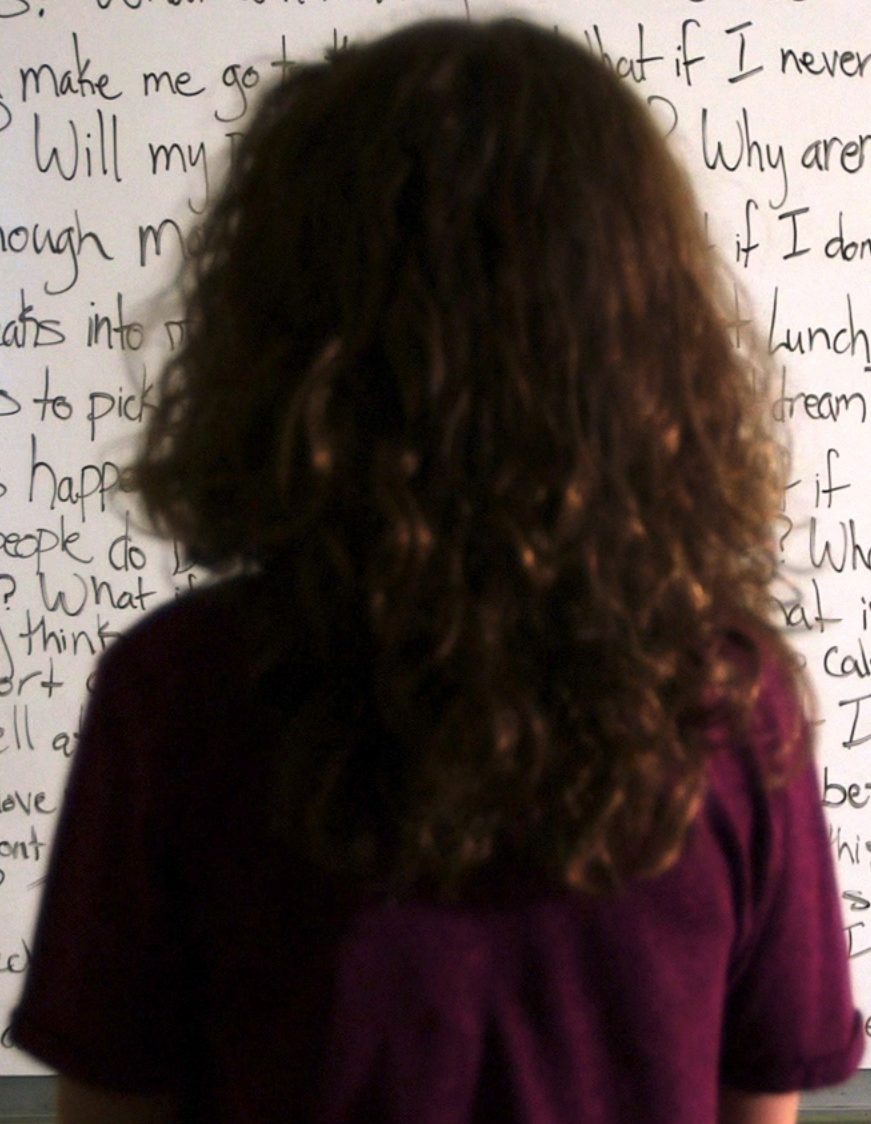
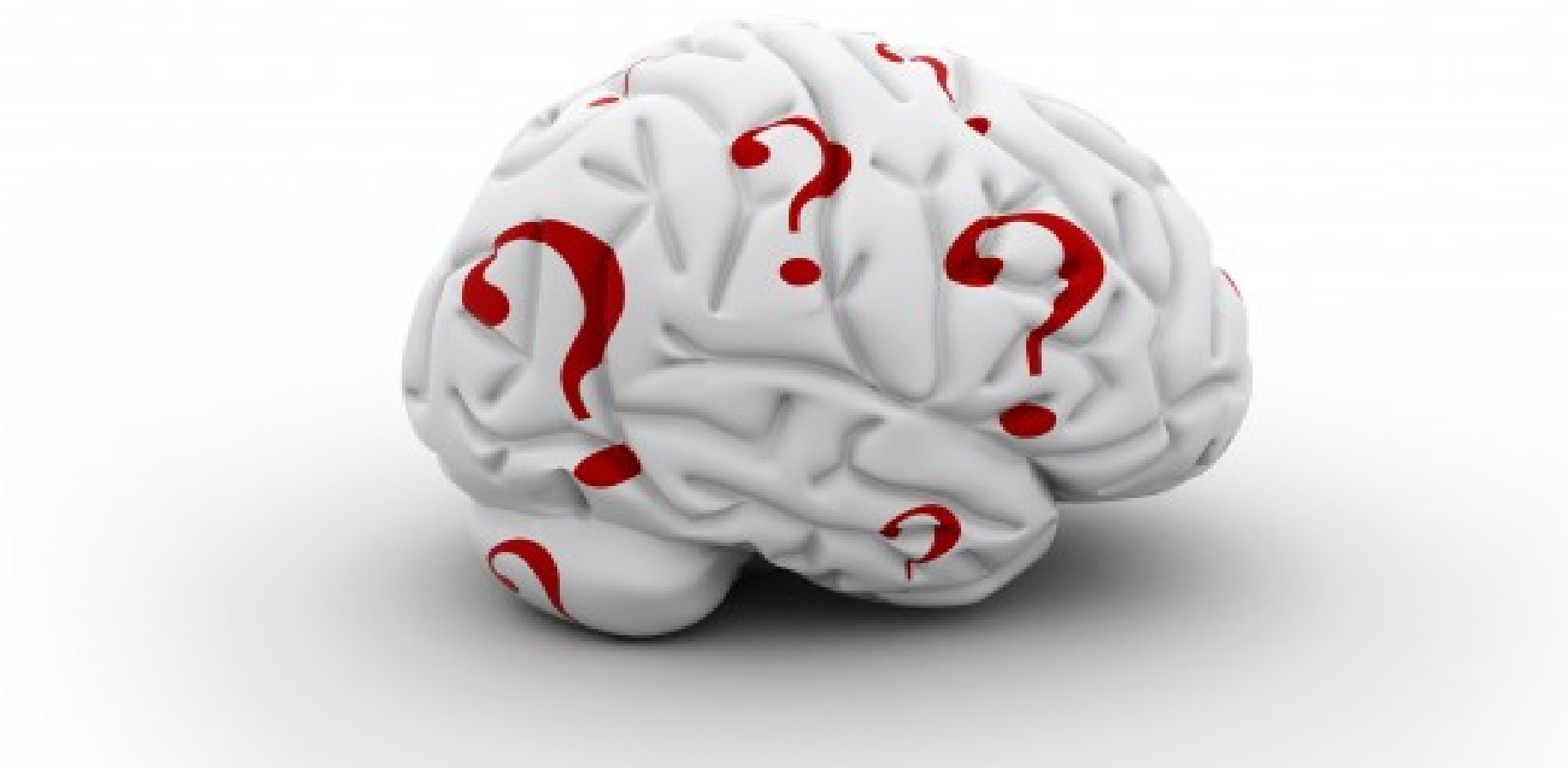


Why Smart Kids Worry

What happens when you die? Will she like me? What if I don't get into college? Will anyone like me?
What if I lose all my friends? What will next year's teacher be like? I'm afraid to go to summer camp.
What if no one likes me? Will my Mom make me go to... What if I never feel safe again? Will I worry forever?
What if I don't get invited to the party? Will my... Why aren't my parents getting along? What is war?
Will I get an F? Do we have enough money... What if I don't get a job when I'm older? Will I get all As?
College be hard? What if someone breaks into my... What if I don't get a job when I'm older? Will I get all As?
I worry forever? What if my Mom forgets to pick... What if I don't get a job when I'm older? Will I get all As?
What if I fail the test? Why do bad things happen... What if I don't get a job when I'm older? Will I get all As?
What if the tornado destroys the house? Why do people do... What if I don't get a job when I'm older? Will I get all As?
What if something bad happens to my Dad? What if... What if I don't get a job when I'm older? Will I get all As?
What if the car breaks down? What do they think... What if I don't get a job when I'm older? Will I get all As?
What if I don't make the team? Will my report... What if I don't get a job when I'm older? Will I get all As?
Will everyone laugh at me? Will the teacher yell at... What if I don't get a job when I'm older? Will I get all As?
Will people call me names? Does my Mom love... What if I don't get a job when I'm older? Will I get all As?
What if I can't fall asleep? What if I cry in front... What if I don't get a job when I'm older? Will I get all As?
Will I worry all night? What will everyone think?... What if I don't get a job when I'm older? Will I get all As?
What if my dog dies? What if we get trapped... What if I don't get a job when I'm older? Will I get all As?
Who will be my best friend? What if I get a med... What if I don't get a job when I'm older? Will I get all As?



Allison Edwards,
LPC



WHY ARE WE SO ANXIOUS?



EFFECT ON KIDS



EFFECT ON SMART KIDS

- There are currently 3 million intellectually gifted children in the United States.
- Gifted children are TWICE as likely to have social and emotional problems than the general population of children.
- Kids are getting smarter every year. According to the “Flynn Effect,” average intelligence jumps a half of a point each year, across the board.



Multiple Intelligences



Visual



Kinesthetic



Musical



Interpersonal



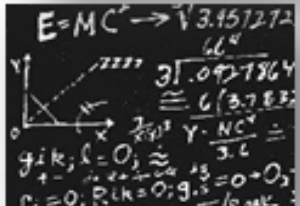
Literary

Intra-personal



Logical and Mathematical

Spatial



**Smart Kid = The Ability to
Take Ideas/Skills
to the Next Level**



Average Kid

$$8 + 2 = 10$$

I see a snake.

I'm 10 years old.

I'm different.

Some people die.

Pollution is bad.

My parents are fighting.

I feel scared.

Smart Kid

$$8 + 2 = 5 + 5$$

I see a boa constrictor.

I've lived 1/8th of my life.

I'm an anomaly.

I may be one of them.

It's destroying the Earth.

They're getting a divorce.

I may never feel safe again.



ASYNCHRONOUS DEVELOPMENT



An average six-year-old's development looks like this:

Physical Development – 6

Intellectual Ability – 6

Emotional Maturity – 6

A smart kid's development looks like this:

Physical Development – 6

Intellectually Ability – 9

Emotional Maturity – 4



Smart kids worry
because....

they are able to
understand things
they can't
emotionally
process



ANXIETY

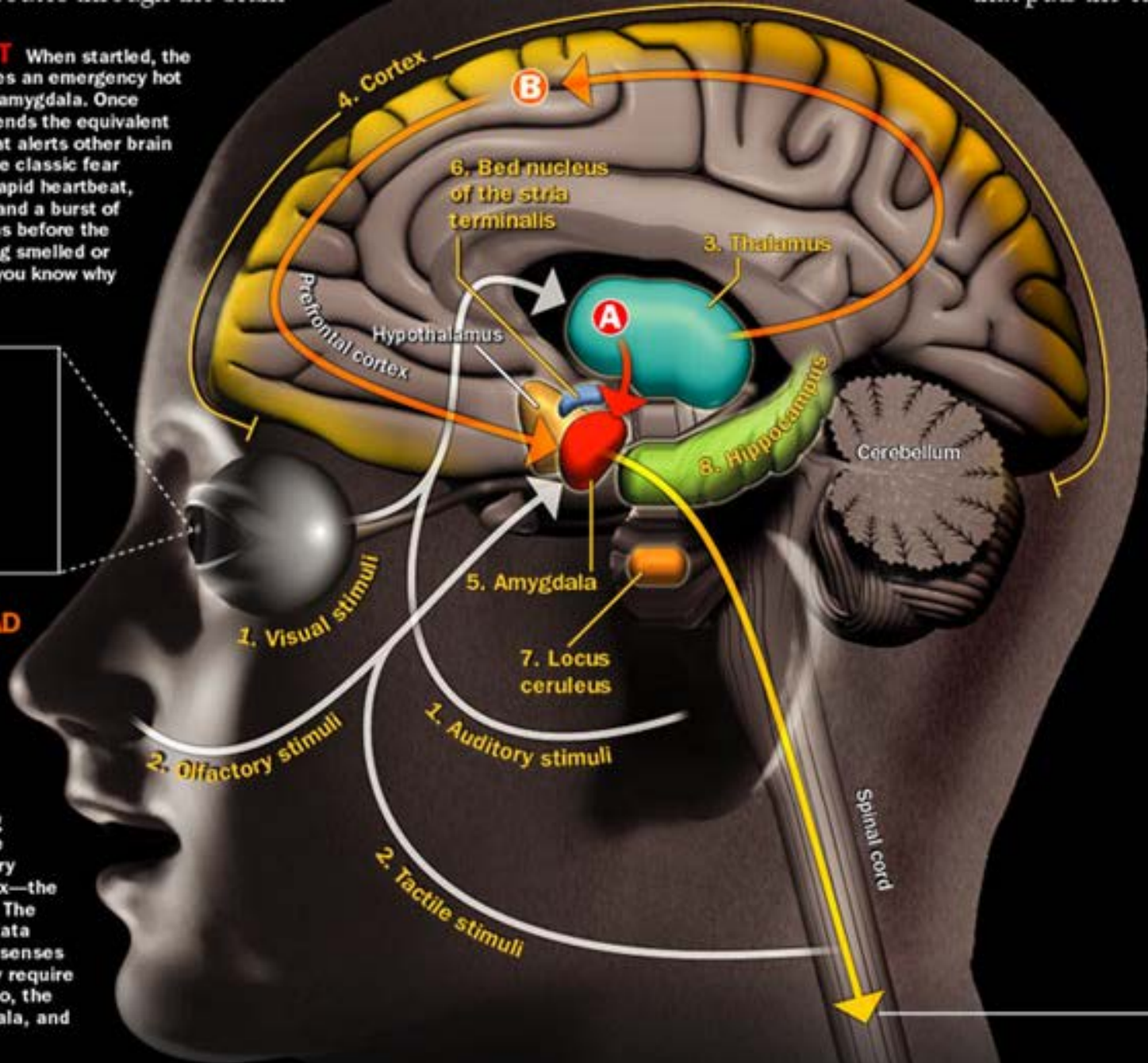
15-25% Lifetime Prevalence for Any Adult
8-31% Risk with First Degree Relative
8 y.o. Average Age of Onset



A THE SHORTCUT When startled, the brain automatically engages an emergency hot line to its fear center, the amygdala. Once activated, the amygdala sends the equivalent of an all-points bulletin that alerts other brain structures. The result is the classic fear response: sweaty palms, rapid heartbeat, increased blood pressure and a burst of adrenaline. All this happens before the mind is conscious of having smelled or touched anything. Before you know why you're afraid, you are

B THE HIGH ROAD

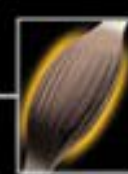
Only after the fear response is activated does the conscious mind kick into gear. Some sensory information, rather than traveling directly to the amygdala, takes a more circuitous route, stopping first at the thalamus—the processing hub for sensory cues—and then the cortex—the outer layer of brain cells. The cortex analyzes the raw data streaming in through the senses and decides whether they require a fear response. If they do, the cortex signals the amygdala, and the body stays on alert



STRESS-HORMONE BOOST
Responding to signals from the hypothalamus and pituitary gland, the adrenal glands pump out high levels of the stress hormone cortisol. Too much cortisol short-circuits the cells in the hippocampus, making it difficult to organize the memory of a trauma or stressful experience. Memories lose their context and become fragmented



RACING HEARTBEAT
The body's sympathetic nervous system, responsible for heart rate and breathing, shifts into overdrive. The heart beats faster, blood pressure rises and the lungs hyperventilate. Sweat increases, and even the nerve endings on the skin tingle into action, creating goose bumps

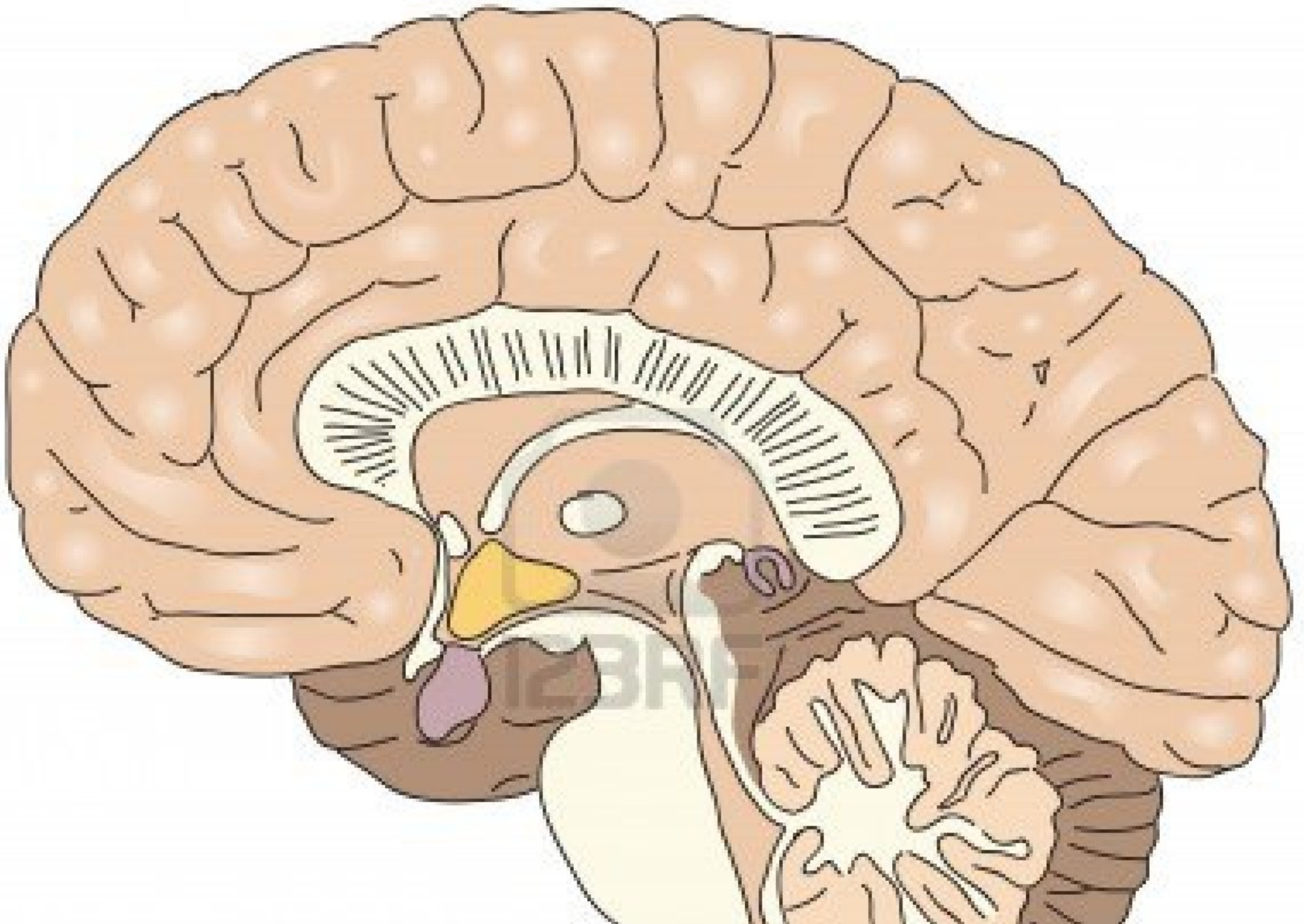


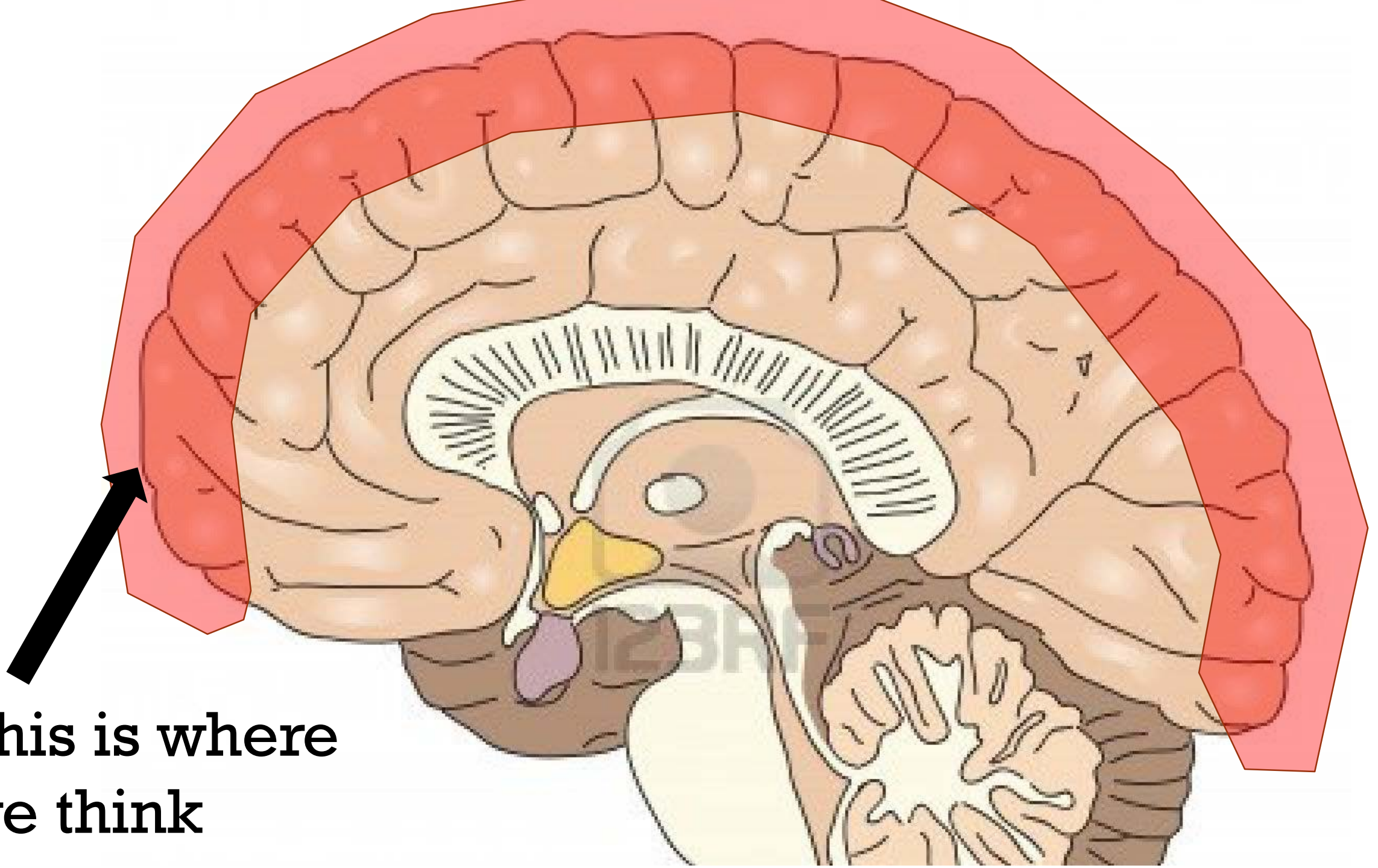
FIGHT, FLIGHT OR FRIGHT
The senses become hyperalert, drinking in every detail of the surroundings and looking for potential new threats. Adrenaline shoots to the muscles, preparing the body to fight or flee



DIGESTION SHUTDOWN
The brain stops thinking about things that bring pleasure, shifting its focus instead to identifying potential dangers. To ensure that no energy is wasted on digestion, the body will sometimes respond by emptying the digestive tract through involuntary vomiting, urination or defecation

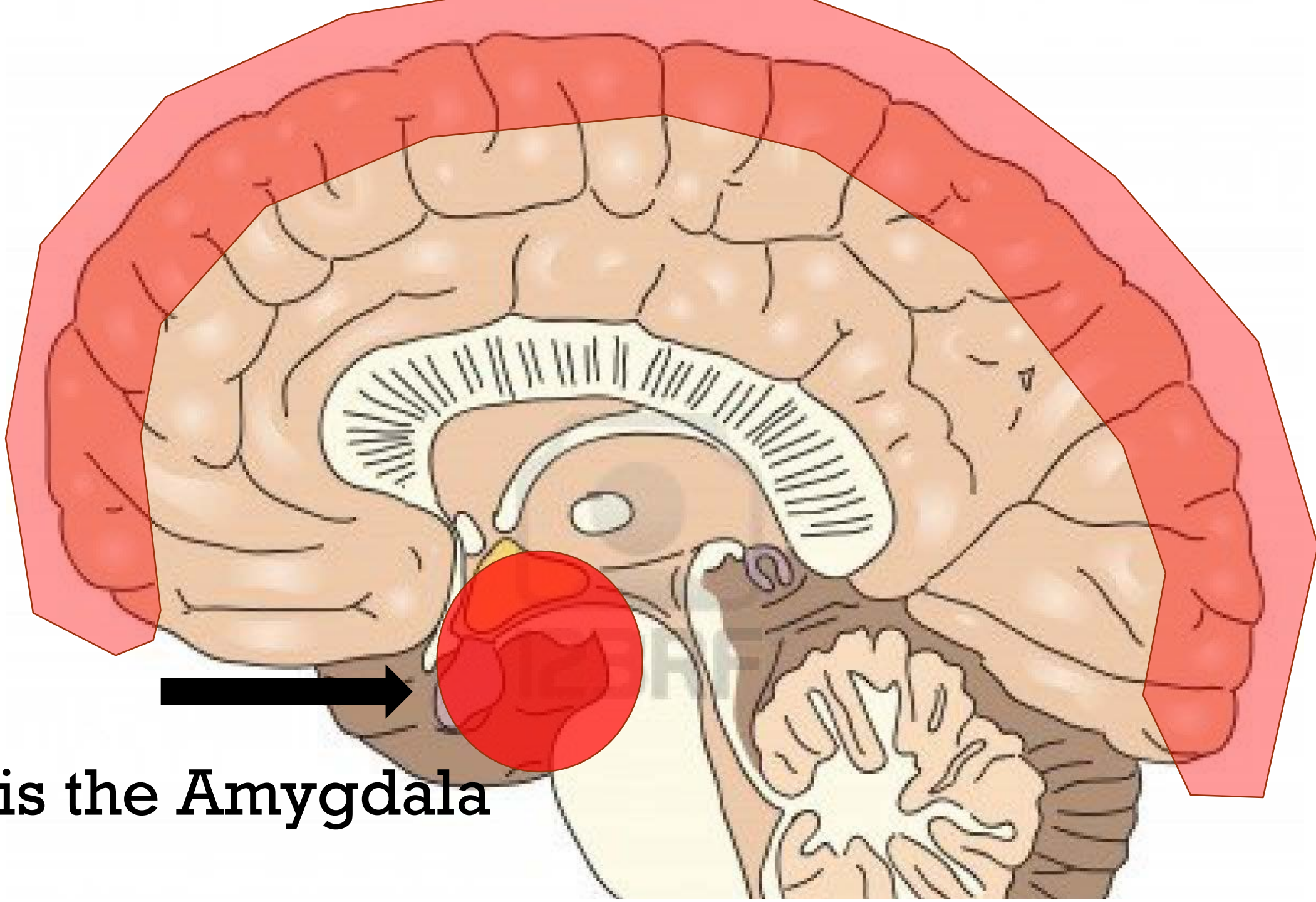
- 1. Auditory and
- 2. Olfactory and
- 3. Thalamus
- 4. Cortex
- 5. Amygdala
- 6. Bed nucleus
- 7. Locus ceruleus
- 8. Hippocampus





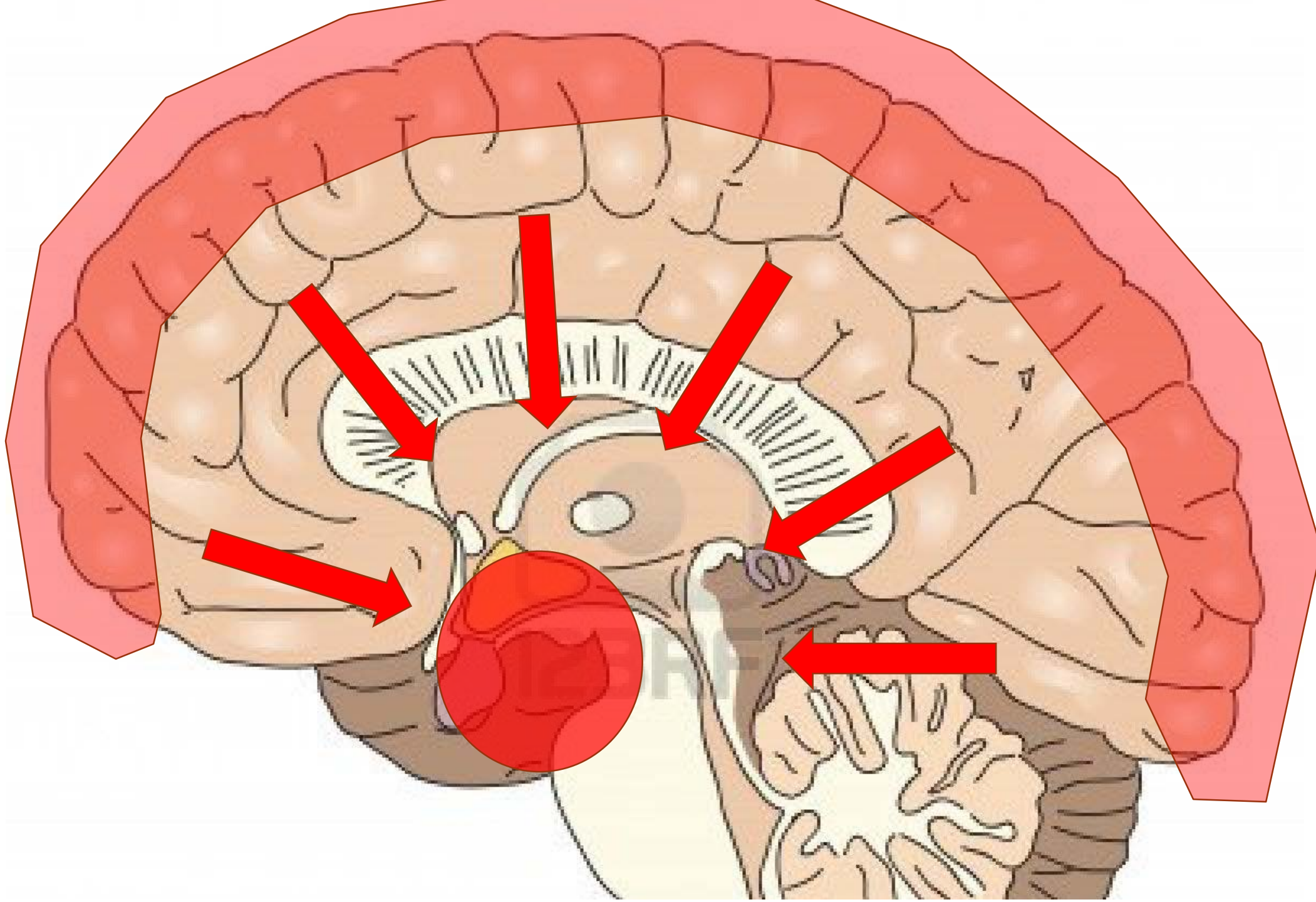
**This is where
we think**





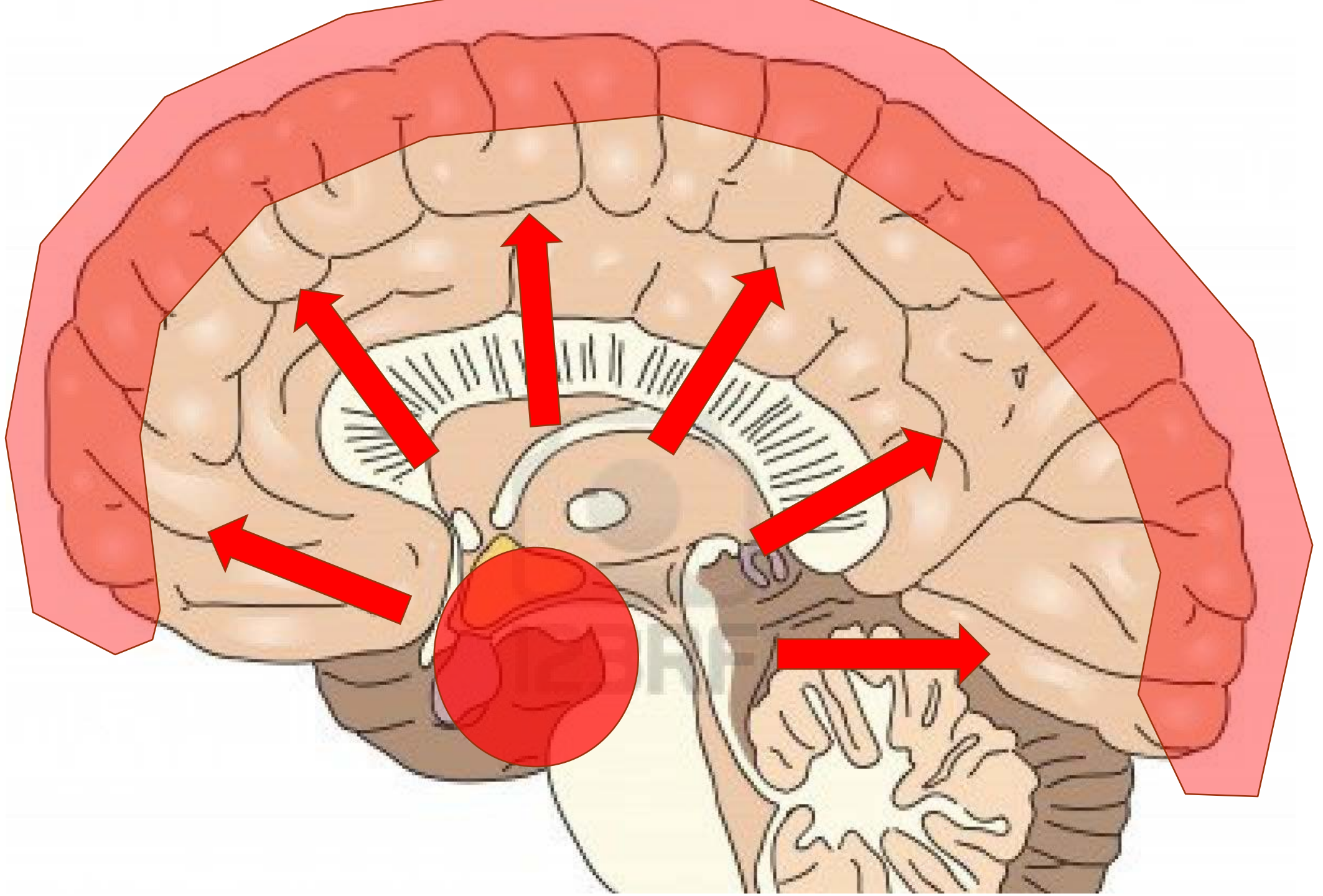
This is the Amygdala



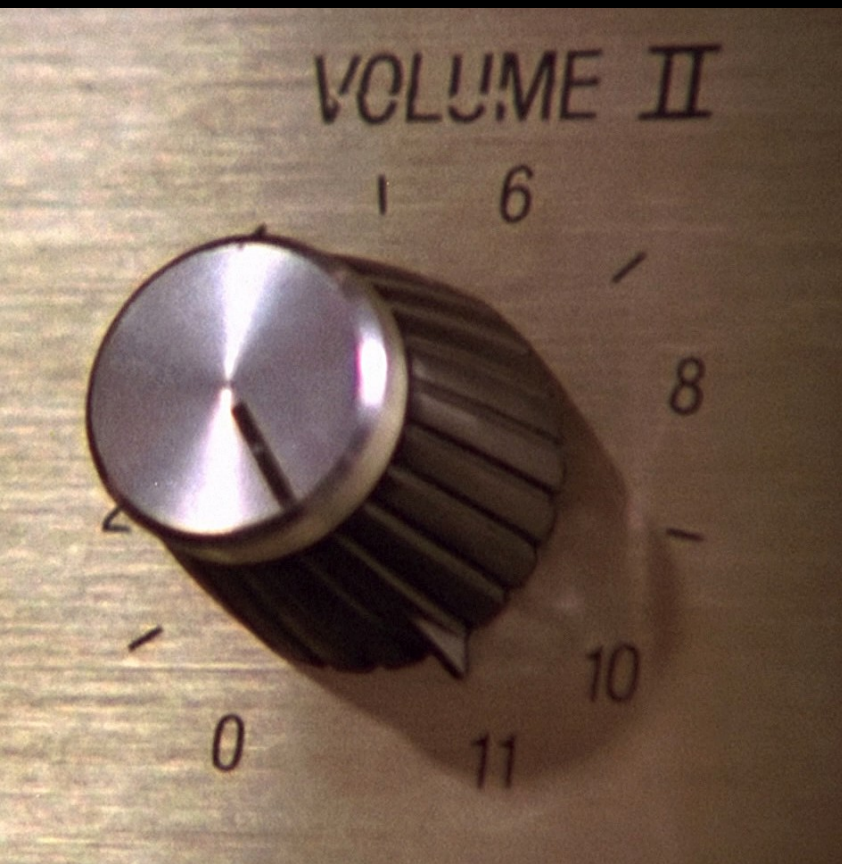


A close-up photograph of a person's face, focusing on their eyes and forehead. A piece of white paper is taped to the forehead, partially covering the upper part of the face. The paper has the words "OUT OF ORDER!" written on it in a simple, hand-drawn black font. The person has light-colored eyes and is looking directly at the camera. The background is dark and out of focus.

OUT OF
ORDER!

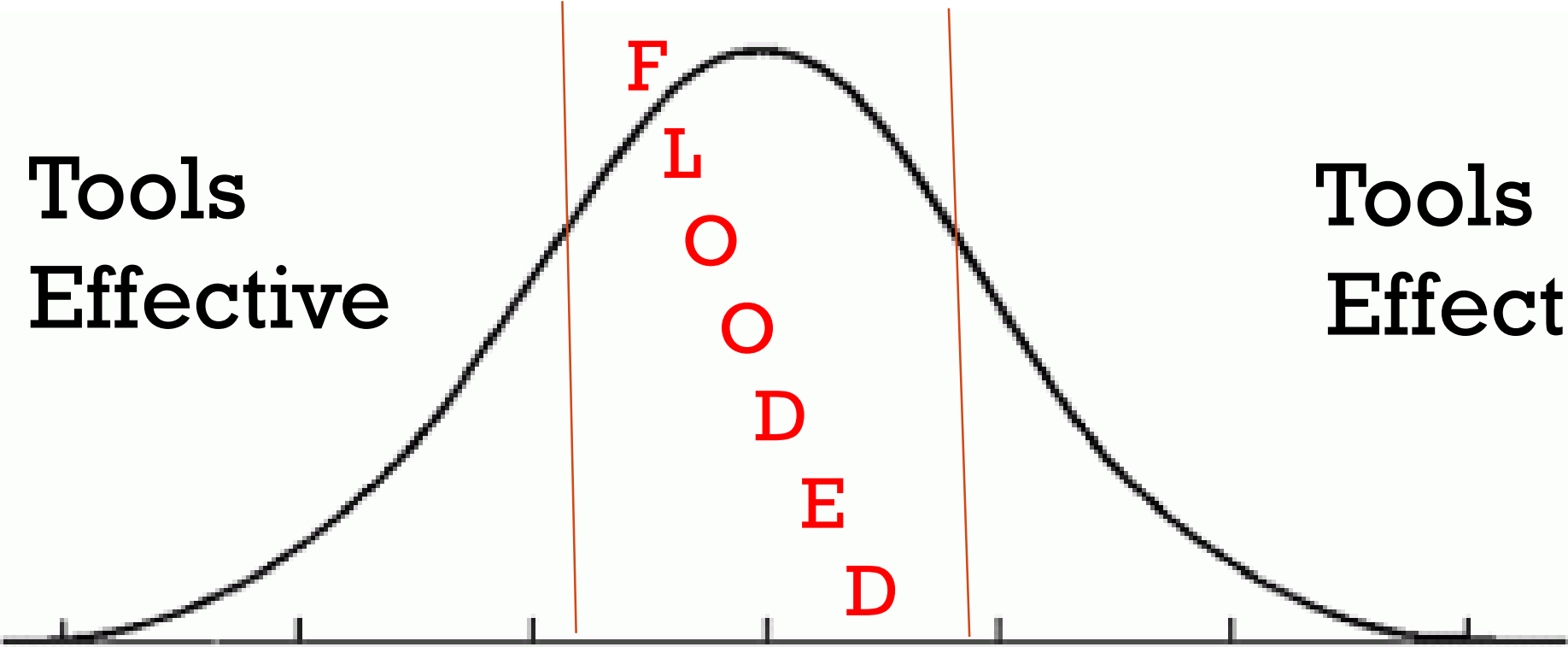


ANXIETY-REDUCTION TOOLS



USING THE TOOLS

Tools
Effective



Tools
Effective



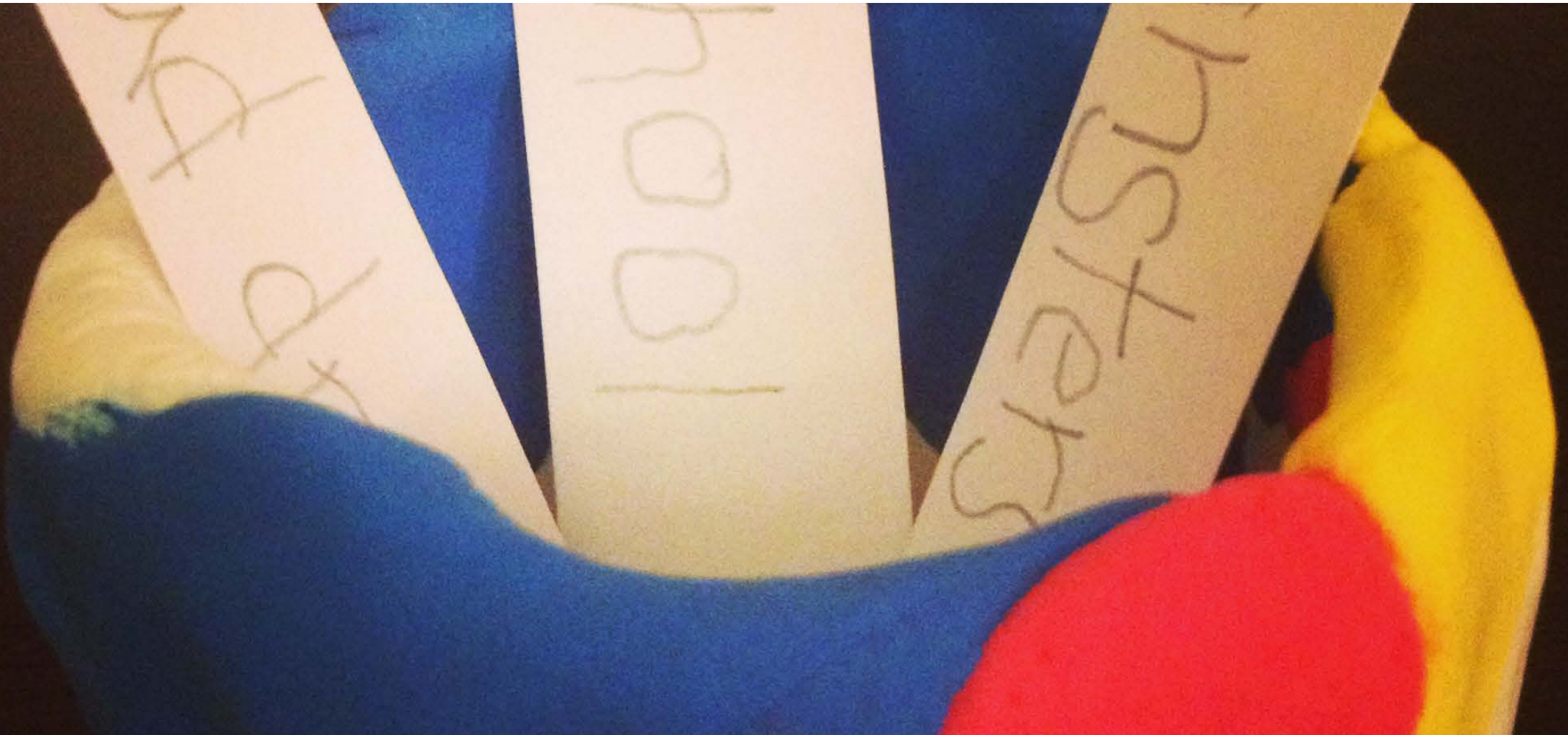
SQUARE BREATHING



CHANGE THE CHANNEL



WORRY JAR



THE 5 QUESTION RULE



WORRY TIME



BRAIN PLATE

School

Home

Activities

Friends

"I DID IT" LIST

YES
I DID IT!!!

YES I CAN

YES I CAN

YES I CAN

TRACK YOUR CHILD'S ANXIETY



WHEN TO NOT WORRY

- Anxiety and worry are developmentally appropriate emotions
- Time limited
- Tend to decrease in intensity as the task is mastered
- Often the more anxious I am, the more self esteem I get when I master the task



WHEN TO WORRY

- Excessive distress out of proportion to the situation
- Chronic physical symptoms such as headaches, stomach aches, excessive fatigue, complaints of aches
- Too much anticipatory anxiety, beginning weeks in advance, that occurs for hours at a time
- Avoidance of activities, school, family events, friends, new situations



THE RULE OF THREE



THE RULE OF THREE

Home
School
Friends











The Importance of Early Intervention

KEEP IT KID-FRIENDLY

Kid-Level Topics

School

Friends

Fight on Playground

Allowance

Report Cards

Adult-Level Topics

College

Marriage

War

Finances

SAT



CONTACT INFORMATION

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