

DID YOU KNOW?

We offer several group therapy sessions, including Girl Talk!

Who: Open to high school females

What: Group therapy that provides support for teen girls

When: Wednesday evenings from 5:15p.m. to 6:15p.m.

How: If you are interested in joining this group, please contact our office or visit our website <https://luzioassociates.com> for more information.

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Tips to ease anxiety or stress about going back to school!

For students of any age, returning back to school after summer break can bring some anxiety or stress. Tons of new changes are happening (new school year, new classmates, new teacher, etc.), so here are some tips to help ease anxiety about returning to school!



- **Prepare-** A week or two before the first day of school, begin to prepare your child(ren) about returning to school. Reintroduce daily schedules that you would follow on a typical school day. (ex. dinner at 6p.m. every night, bedtime at 8:30p.m., etc.)
- **Playdates-** Plan playdates with familiar classmates, so your child(ren) can have a familiar face to look forward to seeing on the first day of school.
- **Visit the school-** Many schools offer an open house before school begins. Bring your child(ren) to these events to meet their new teacher, allow them to get familiar with the classroom, and possibly make a new friend!
- **Share your fears-** Allow your child(ren) to share their fears with you. Ask them to speak about what is worrying them the most about school. After they share their fears, discuss ways to problem-solve and plan!
- **Focus on the positives-** Instead of having a negative perspective about school, have your child(ren) write down three positive things they are most excited about school. Having them focus on the positive can help lessen the anxiety about returning to school.
- **Reward your child-** If your child is scared on the first day of school, praise and reward them after school for their brave behavior of going to school! This will reinforce going to school and help ease the anxiety for your child(ren).
- **Acknowledge them-** Acknowledge that sometimes new experiences can be scary, but soon school can be fun and easy!

John Hopkins Medicine. 5 Tips to Ease Back-to-School Anxiety.

<https://www.hopkinsmedicine.org/health/articles-and-answers/wellbeing/5-tips-to-ease-back-to-school-anxiety>. Accessed on 18 July 2018.

AnxietyBC. Helping Your Child Cope with Back-to-School Anxiety.

<https://www.anxietybc.com/parenting/helping-your-child-cope-back-school-anxiety>. Accessed on 18 July 2018.