



PediPRN

Bradley Hospital

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## **Anxiety/Balanced Thinking Intervention** (10 years old +)

### ***Intervention Script:***

Anxiety is the body's response to stress. It makes sense that you would be feeling more anxious with all the current changes and concerns related to the virus everyone has been talking about.

When we are anxious or stressed, we always seem to notice the things that aren't quite right, but we are not very good at noticing all the positive or good things that happen.

Each night before you go to bed, think of 3 things that have happened that have made you feel good. These could be things like: something fun you did with your family, something or someone you are thankful for having in your life, things others said that made you or someone else feel good.

Each day write down 3 good things. Some kids use their own journal. Or some like using a worksheet like this (see attached).

And if you can't think of three good things, then ask someone to help you.

Let's practice now (use "Looking for the good worksheet" and help them identify 3 good things from today (or yesterday) using prompts like the following).

1. Today I was proud of myself because...
2. One good thing that happened today was...
3. Today I smiled when...
4. Something good I saw someone do was...
5. Something I was thankful for today was...
6. Something funny that happened today was...

**Guidance for Parents:** Children may need support in identifying 3 good things each day. It can be helpful to prompt your child with questions like (see above)

Some families choose to do this as a family activity. For example, at family dinner. every family member shares the 3 best parts and 3 most challenging parts of their day (their daily "Roses and Thorns"). It is helpful to do this as a family because it models for children seeing both the positives and negatives of their day and normalizes these experiences.

## ***Smartphrase:***

Patient reporting increased anxiety related to current COVID-19 pandemic during telehealth visit. Current symptoms include: \*\*\*

### **Anxiety related interventions:**

Reminded patient and family that anxiety is common, especially in response to acute stressors such as the current pandemic, and that positive health behaviors (e.g., getting enough sleep, eating nutrient rich foods, physical activity, etc) and distraction are strategies that can help with symptoms.

Education was provided regarding strategies to support child in developing balanced thinking skills, shifting away from negatively biased thinking, and seeing both the positives and negatives in their daily lives. Modeled “**positive shift in focus**” skill in detail and recommended practicing this skill daily independently or as a family.

Reviewed plan to consider additional treatment options, should symptoms persist and/or have a significant impact on patient’s functioning.

\*\*\*Supporting handout provided via email.

Total time of telephone contact: \*\*\* minutes