



PARENTING THROUGH TEEN ANXIETY: 11 PRACTICAL TIPS

Raising a teenager is no joke, and when anxiety becomes part of the equation, it's a whole other level.

This guide provides 11 straightforward tips to help your teen, understand what they're dealing with, and figure out how to handle it without making things worse.



1. Validate Their Feelings

If your teen is feeling anxious, it's real to them. Instead of saying things like "You're overreacting," try something like, "I get why that's stressing you out." Simple, but effective.

2. Don't Jump to Fixing It

You might want to swoop in with solutions, but hold up. Most of the time, they just need you to listen first. Try asking, "What do you think could help?" and let them take the lead.



3. Make Home Less Chaotic

Anxiety feeds off chaos. Keeping things chill at home—like having a routine or a quiet space for them to decompress—can help lower stress.

4. Learn About Anxiety

You'll be a better support system if you know what's up. Read about anxiety triggers, symptoms, and how it affects the brain. Understanding the factors contributing to teen anxiety can help you provide better support.





5. Actually Listen

When your teen opens up, give them your full attention. Put your phone down, look at them, and say things like “I’m here for you” so they know you’re serious about listening.

6. Help Them Start Small

Big changes are overwhelming, especially for someone with anxiety. Encourage tiny steps toward tackling their fears and hype them up for their efforts, even if they’re small wins.



7. Show How You Handle Stress

Teens watch what you do. If you’re managing your own stress with healthy habits like taking breaks or setting boundaries, they’ll notice and learn from you.



8. Chill on the Over-Scheduling

If your teen’s calendar looks like a to-do list from hell, it’s time to pare it down. Help them prioritize what matters and make room for actual downtime. Over-scheduling can contribute to increased stress levels in teens.





9. Teach Them to Relax

Show them things like deep breathing or relaxation apps. Practice together if that helps. These tools can give them something to fall back on when anxiety spikes.

10. Be Flexible

Anxiety doesn't stick to a schedule. Your teen might flake on plans or need to switch things up. Try to go with the flow while still encouraging progress.



11. Know When to Call in Pros

Sometimes anxiety is bigger than what you can handle at home. Therapy can be a game-changer. Let them know that getting help is normal and can really make a difference. Different types of therapy — including one-on-one counseling and, where available, group therapy — have been shown to be helpful for teens struggling with anxiety.

Supporting a teen with anxiety takes patience and consistency.

You don't need to have all the answers — showing up, listening, and staying connected matters more than getting everything right.