



Starving the Anxiety Monster

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"Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years."

- Unknown



**AFTER ALL THIS PARENTING,
I THINK I'LL BECOME A
HOSTAGE NEGOTIATOR.
SEEMS LESS STRESSFUL.**

Common Fears When Applying to College

1. Not high enough GPA or test scores
 2. Too expensive
 3. Mom & Dad want me to go to _____ and won't support anything else
 4. Going to community college will limit opportunities in the future
 5. Rejection
 6. Overwhelming "to do" list
1. My child's grades aren't good enough
 2. We haven't saved enough
 3. They're going to go too far away.
 4. If my child doesn't go to a 4-year school, they won't have as many opportunities
 5. My child is going to be rejected
 6. They're not responsible enough to do it themselves

“I’m Not Good Enough”



Not smart enough

Not athletic enough

Not good enough

**Perfectionism/
Avoidance**

**Poor eating and
sleeping habits**

Not asking for help

When It Becomes Problematic

- Avoiding school or other obligations
- Inability to make a decision or finish tasks
- Excessive worry
- Overly perfectionistic
- Physical complaints - stomach aches, headaches, chest pain, etc.
- Disrupted sleep
- Frequent outbursts of anger or sadness
- Worry doesn't go away

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Connect with your child again.

- **Make a plan**
- **Get all the information**
- **Get clear on short and long term goals**
- **Build resilience by experiencing disappointments and rejection**
- **Exercising**
- **Eating healthy meals**
- **Sleeping 7-9 hours**
- **Taking technology breaks**
- **Doing things you enjoy**
- **Surrounding yourself with supportive people**
- **Volunteering**
- **Get help when you need it!**