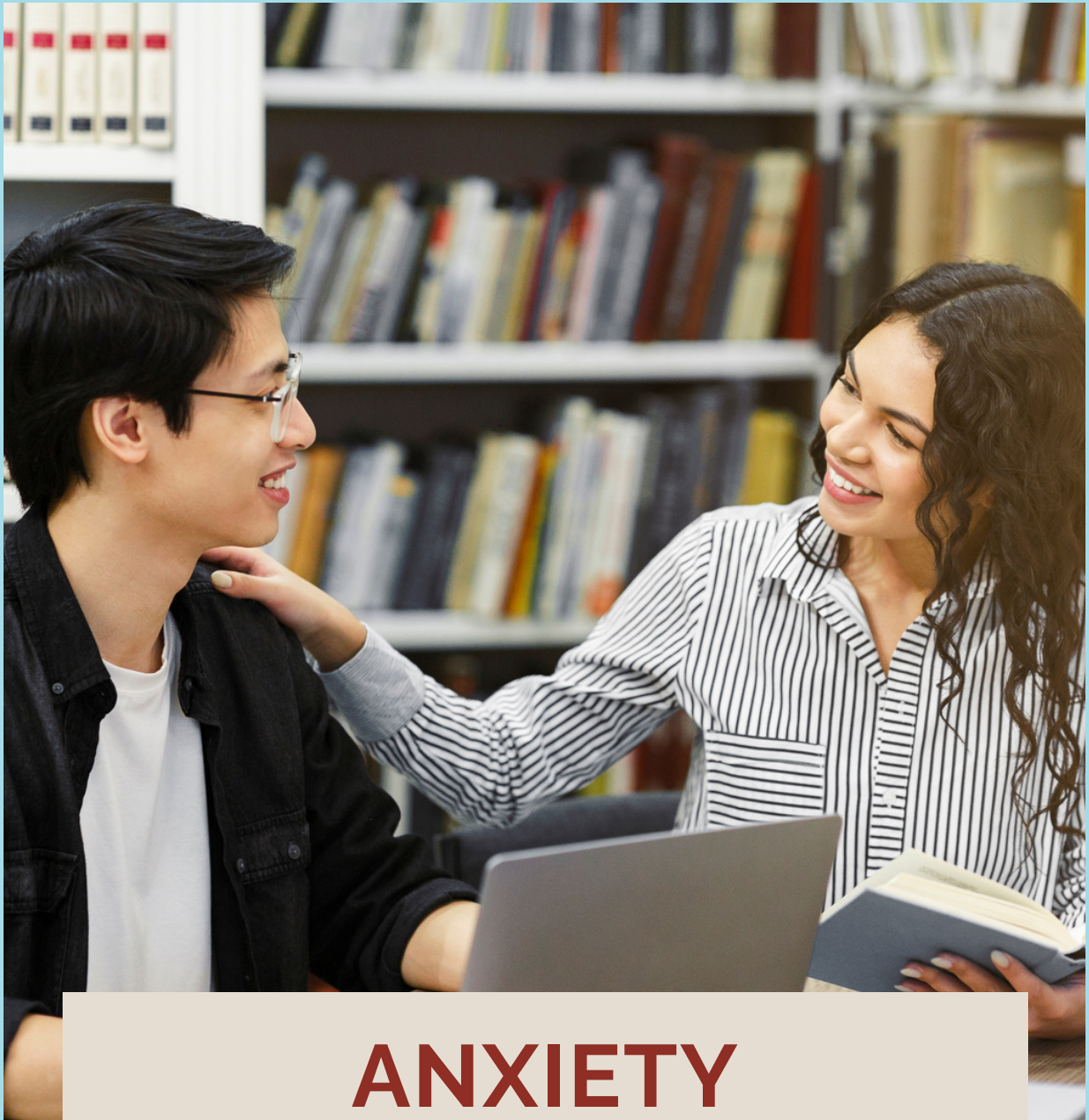




ANXIETY MANAGEMENT STRATEGIES FOR EDUCATORS

Resource Guide





Introduction

Welcome to the DBT in Schools Resource Guide on Anxiety Management Strategies for Educators. This guide is designed to provide you with practical tools and strategies to support students dealing with anxiety. Whether you are a teacher, counselor, or administrator, this guide will help you create a supportive environment for your students.

Understanding Anxiety



What is Anxiety?

Anxiety is a normal response to stress, and for some students, it can become overwhelming and interfere with their daily lives. Recognizing the signs of anxiety is the first step in providing support.

Common Signs of Anxiety in Students

- Frequent absences or tardiness
- Difficulty concentrating
- Restlessness or irritability
- Avoidance of social situations or school activities
- Physical symptoms such as headaches, stomachaches, or fatigue

Tools for Anxiety Management

Classroom Strategies

Create a Calm Environment

- Minimize clutter.
- Play calming background music.
- Provide a quiet space where students can go to reset.

Establish Routines

- Consistent routines help students feel secure and reduce anxiety.
- Clearly outline the schedule for the day and any changes that might occur.



Encourage Open Communication

- Let students know they can talk to you about their feelings and thoughts.
- Use "feeling" charts or journals to help students express their emotions.

Techniques and Activities

Mindfulness Exercises

Practice mindfulness exercises daily linking back to the DBT STEPS-A mindfulness skills.

- Teach counting your breath 1-10, and start back at 1. Notice distractions and bring attention back to breath.
- Teach students to play sound ball
- Teach students paced breathing.



Cognitive Behavioral Techniques

- Help students identify and challenge negative thoughts by checking the facts.
- Use self-validation and building mastery to boost confidence and reduce anxiety.

Supporting Your LGBTQ+ Students

Classroom Strategies

- Use inclusive language and avoid assumptions about gender and sexuality.
- Display LGBTQ+ friendly symbols and posters in the classroom.
- Address any instances of bullying or discrimination immediately.



Specific Strategies

Provide Resources

- Share information about LGBTQ+ support groups and resources.
- Include books and materials that represent LGBTQ+ characters and stories.

Encourage Allies

- Promote allyship among students.
- Create an LGBTQ+ club or support group at school.

DBT STEPS-A Curriculum

Our DBT STEPS-A curriculum offers comprehensive training for educators. This program equips you with the skills to help students manage their emotions and develop effective coping strategies.

Upcoming Training Sessions

- **Introduction to DBT Informed School Counseling Strategies: 2 Day Training- 11 CE Hours**
- **October 1-2, 2024 7:00 AM - 2:15 PM**

- **Implementation of the DBT STEPS-A Social Emotional Learning Curriculum- 16.5 CE Hours**
- **October 7-9, 2024, 7:00 AM - 2:00 PM**



Conclusion

Supporting students with anxiety is crucial for their academic and personal development. By implementing these strategies and utilizing our resources, you can create a positive and supportive learning environment. Remember, small changes can make a big difference.

For more information about our training programs and additional resources, visit [DBT in Schools](#).