Managing Back-to-School Anxiety in Pandemic

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Factors affecting our lens:
• Ages of those in home
• Health of family members
• Covid+
• Social and mental health needs
• Academic needs
• Work requirements

No ideal solution

Judgement - Kindness & Compassion
Anxiety/Fear

• Anxiety an adaptive response to danger – negativity bias
• Everyone has a different tolerance for risk, ex: sky diving, ride a roller coaster
• Look at risk vs benefit for YOUR FAMILY and focus on what you can control

Examine your Thoughts:
They are not truths

• Name them (cognitive distortions)
• “I am noticing, I am thinking...”
• Examine the evidence
• Possible vs Probable
• What if?
Managing Uncertainty

• Big picture values – WHY?
• Gratitude:
  • #FillYourBAGHappy 3 Things, Letter
• Self Care – exercise, diet
• Meditation
  • apps, selfcompassion.org
• Routine & predictability
• Support system
• Boundaries (work and school)

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Resources

Thank you for your time!

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For more information on services, resources, references or to contact Cara, go to Maximize-Wellness website.