

Turning a New Leaf



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- Promoting healthy relationships and personal growth from a Christian perspective -

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Ways Parents Can Help Their Child Deal with Anxiety

by Becky Duncan, MS, LMHC-A, NCC

Children and teens have anxiety. It's real. So, how can parents help?

First, we have to learn about what anxiety is before we can learn how to help our kids cope. Anxiety is defined as "excessive worry and apprehensive expectations, occurring more days than not for at least 6 months, about a number of events or activities, such as work or school performance" (American Psychiatric Association, 2013).

A person with anxiety may have other visible symptoms as well, meaning they have to present more days than not and be present for at least six months. These symptoms are feelings of "restlessness or feeling keyed up or on edge, easily fatigued, difficulty concentrating or mind going blank, irritability, muscle tension, and/or sleep disturbance such as difficulty falling or staying asleep, or restless and unsatisfying sleep" (American Psychiatric Association, 2013). In addition, these feelings must cause significant distress or impairment in daily functioning.

Now that we have a better understanding of what anxiety is and its symptoms in your child's life, we can learn more on how to help them. Let's break this down into three groups: 1) your relationship with your child, B) ways to work with your child, and C) bettering yourself.

When it comes to helping your child with anxiety, the key will be your relationship with them. When you communicate, do not dismiss your child's anxiety symptoms or behaviors. Believe your child and be kind to them. Reassure them that you are there for them. Encourage them to be open and honest about how they're feeling. Try to speak calmly, without showing anger or raising your voice.

With a communicative relationship established, how do you work with your child to manage their anxiety?



Learn their triggers so you can plan and prepare for them. Identify cues, verbal and nonverbal, that you can give your child to remind them to self soothe. For example, you can remind them to take deep breaths by putting your hand on your chest and breathing with them. You can also say the word 'mantra' to remind them to use a calming mantra they may have. An example of this may be "I can do this", "Just Breathe", or even "Hakuna Matata" for younger children. Your child's anxiety *may make you anxious*, so it's important to keep that separate from your child, because putting your anxieties on them could worsen theirs. Remember to respect your child's boundaries, giving necessary space and time.

Now we can focus on bettering yourself and your family. Educate by reading books on anxiety by yourself or as a family activity. Learn the coping skills you can do with your child, such as breathing techniques. Figure out your child's love language and use it to help you communicate with them. **(continued inside)**

Becky Duncan, MS, LMHC-A, NCC is based in our Crown Point Office, call 708-895-7310 for appt.



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Our Mission:

To promote healthy relationships, personal growth and healing through professional counseling, education, and consultation from a Christian perspective.

"The light shines in the darkness, and the darkness has not overcome it." - John 1:5

I don't know about you, but when daylight savings time ends, I begin to prepare myself for the reality that soon I'll be leaving for work in the dark, and returning home in the dark. There is a part of me that dreads this change, as I'm one who thrives when there are long sunlight days!

Approaching the holidays can also be a time of dread for many; when there has been loss due to estrangement, divorce, death, unemployment, illness or disease, or a myriad of other situations. Grief of any sort is acutely felt during the holiday season. With others celebrating, you or someone you love may be grieving, experiencing darkness and despair.

In "You Must Make Friends with the Darkness Before You Can Enter the Light," Dr. Alan D. Wolfelt states: "In your time of darkness, the loyal empathy of just one other human being can be the candle you need to find your way through to healing." Wolfelt wrote that empathy is about making an emotional connection. The listener is not judging you or your thoughts and feelings. She is not offering simple solutions. She is being present...Empathy is "feeling with" someone else.

During trying and challenging times in our lives, many of us have experienced "Emmanuel, God with us" as we leaned into and found compassion and care through our faith community, family, and friends. Many have also experienced "Emmanuel, God with us" through our Christian therapists.

I am so grateful that help, hope, and healing continue to be experienced by children and people of all ages through the support of our skilled Christian therapists. I am also grateful for all who continue to pray faithfully for, and financially support, our ministry. We have been providing excellent care, support and guidance to clients for more than 40 years, and the need for our ministry now is as great as ever.

Here are some specific ways that you can help us continue to bring light during times of darkness:

- 1) Pray for those coming to us in some of their darkest times
- 2) Pray for the health of our ministry team and their loved ones
- 3) Give generously! Additional monies are needed for our Marty Doot Client Assistance Fund

Each year, \$125,000 - \$150,000 is required to provide therapy services to those who do not have insurance or are unable to pay the portion that insurance does not cover. Thanks again for your interest in and financial support of New Leaf Resources. We need you! Please consider a gift of any amount so that we can continue to provide this vital ministry.

Through your prayers and ongoing support, more and more people will experience the healing touch of God, will find hope again, and will be able to see once more that there is light despite all the darkness.

"The candle you need to find your way through to healing."

Blessings to you and to those you love from all of us at New Leaf!
In God's strength,

Corky DeBoer



Estate Planning with our Ministry Partner

As Christians, each of us is a steward of whatever God has entrusted to us. Barnabas Foundation encourages people to develop an estate plan which meets their individual and family needs and reflects their values, including the support of Christian ministries that are important to them.



Therapist Jeff Berdine Joins our Crown Point Staff



We are pleased to announce the addition of Jeff Berdine to our Crown Point Office!

Jeff has experience working in a mental health agency with a diverse range of clients. He enjoys working with adults at every stage of life.

Jeff's variety of approaches include cognitive behavioral

therapy, solution focused therapy, narrative therapy, and motivational interviewing. He uses a holistic approach to incorporate every aspect of the person's life through therapy.

Jeff believes in staying grounded in the present moment and having grace, love, and acceptance towards ourselves and the world around us. "My goal is to help each individual become the best version of themselves, one step at a time."

If you'd like to make an appointment with Jeff, contact New Leaf today at (708) 895-7310

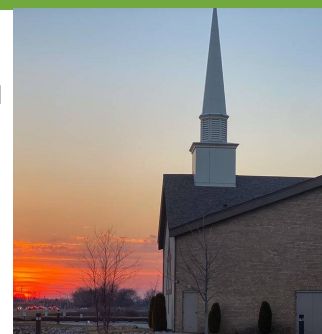


Mental Health First Aid Training

Our 2nd Mental Health First Aid training was hosted at Bethel Church on October 1st.

Attendees were given the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem -and help connect them to the appropriate care.

We noted a wide variety of reasons for trainees attending, though all centered on caring for their communities: workplace, family, congregation, clientele, etc. To be contacted for the next training, email marc@newleafresources.org



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continued:

For example, if your child enjoys physical touch, give more hugs and pats on the back, especially in times of need. Be mindful in spending time with your child and as a family. This will show them you care about them despite their struggles.

Remember, you are not alone in this and neither is your child. There is the option of therapy for your child, for you, for your family together - whichever combination that would be most beneficial.

Also, going to a medical physician and getting a full workup to rule out anything medical is a good step. Going to a psychiatrist for medication is another option. Overall, being present and showing your child love goes a long way.

Reference

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders: Dsm-5. CBS Publishers & Distributors, Pvt. Ltd.



Please think of New Leaf on November 29th!

Giving Tuesday



Join the global generosity movement and celebrate all acts of giving.

#givingtuesday #unselfie

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thought of yet!

**Gi♥ing
Tuesday
Donations
Matched Nov 29!**



Join the global generosity movement
and celebrate all acts of giving.

[#givingtuesday](#) [#unselfie](#)