



PediPRN

Bradley Hospital

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Addressing Worries (10 years old +)

Intervention Script:

Anxiety is the body's response to stress. It makes sense that you would be feeling more anxious with all the current changes and concerns related to the virus everyone has been talking about.

When we feel stressed or anxious we often have uncomfortable thoughts called worries (use examples reported from patient and parent).

Worries are not always based on facts. It can be hard to tell whether worries are about things that really might happen or about things that probably won't happen. You can help decide whether you should be worrying by thinking like a detective. Detectives look for clues to find out what is really happening. I am going to show you to how to be a worry detective and then you can do this yourself when you have worries. It may be helpful to have your mom, dad, or another adult help you.

(See "Worry Detective" handout. Use example of worries they provided, model identifying clues, etc).

Guidance for Parents: It can be difficult to watch your child struggle with worries and, as an adult, our natural response is often to provide reassurance (e.g., "You don't need to worry about that", "You'll be fine", etc). Reassurances may help ease a child's anxiety temporarily but helping your child develop the skills to critically analyze and challenge their worries can have a lasting impact on your child's ability to cope with anxiety.

Children may need your support in generating clues when being a worry detective. It can be helpful to prompt your child with questions like, "What are all the other reasons why you might not get sick", "Who else is doing things to help keep you safe".

Smartphrase:

Patient reporting increased anxiety related to current COVID-19 pandemic during telehealth visit. Current symptoms include: ***

Anxiety related interventions:

Reminded patient and family that anxiety is common, especially in response to acute stressors such as the current pandemic, and that positive health behaviors (e.g., getting enough sleep, eating nutrient rich foods, physical activity, etc) and distraction are strategies that can help with symptoms.

Education provided on recognizing and challenging worries in the context of finding evidence for/against a worry. Modeled use of this “worry detective” strategy in detail.

Reviewed plan to consider additional treatment options, should symptoms persist and/or have a significant impact on patient’s functioning.

***Handouts were provided via email.

Total time of telephone contact: ***minutes