

Alleviating anxiety in the gifted student

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Manifestations of stress in gifted

- Meltdowns
 - Inability to sleep
 - Generalized anxiety with OCD tendencies
 - Inability to focus on anything other than the problem
 - Loss of joy
 - Inability to concentrate
 - Shortness of breath
 - Numbness in the hands and feet
 - Heart palpitations
 - Nausea
 - Panic
 - Dizziness
 - Upset stomach
 - Headache
 - Fear of impending doom
 - Cutting/self-injurious behavior
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Parenting tips

1. Measure the baseline.
 2. Identify the triggers.
Describe the triggers as they occur.
 3. Identify the initial stages.
Say them.
 4. Consider our typical responses. Tell children what to do, not what not to do.
“Don’t think about an elephant.”
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Use emotional, cognitive, and physical regulation strategies

- Designated worry time
 - Write the problem on paper.
 - Create a worry box
 - Think only about y, not x
Create an object.
For 30 seconds, pay attention only to that object.
Be in the moment.
Gently and kindly pull yourself back to the object.
 - List activities you enjoy.
 - Focus on a time you were happy.
Relive the emotions of that time.
 - Check in with yourself: How are you?
 - Stretch
 - Diaphragmatic breathing
 - Square breathing
Inhale through the nose;
exhale through the mouth
 - Constrict and relax muscle groups
 - Be an inanimate object
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When asking a student to report a problem, ask him or her to create an effective ending to the situation.

1. Report the problem.
2. Find a positive end to the story.
3. Find the good: reframe.
4. Look for automatic negative thoughts.
5. Add positive self-talk.

You can't be happy and angry at the same time. Smile.

Resources

Biegle, G. (2009). The stress reduction workbook for teens. Instant Help Books.

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