

ANXIETY IN KIDS

3 TO 13 YEARS

Psychological
Relaxing
Therapy

PROLOGUE

My dear colleague Dr. Mari Pomare Grinard has surprised me with this guide. I consider it very authentic, useful, practical, and creative to reach children through games, imagination, visualization, focused on their management and self-control of skills. basics that can be learned by educators, parents and of course children and pre-adolescents. This will make life easier, and school and family dynamics will allow us to talk about emotions and the signs or anticipation of possible anxiety events that may occur.

In addition, children who receive emotional support feel loved, protected, and educated, have greater academic performance, behavioral improvement and, by having good psychoeducation, we would avoid, for example, tantrums, crying and tantrums, as well as greater emotional recognition and general well-being.

The relationship that is exposed in this book of bodily actions is very valuable, and how they allow relaxation, just as the fact of taking a breath at a key moment can change your perception of an event in any daily situation, since it gives the children the necessary tools to understand and manage their emotions; in addition, it is essential to recognize and anticipate episodes of anxiety that they may experience.

Emotional education in childhood is of utmost importance given that they are exposed to a world full of uncertainty and we cannot provide what situations they will have to experience in the future as indicated by Dr. Susan David in her book Agile “Management of Emotions” recently issued.

It is especially important to recognize episodes of anxiety in children, since untreated anxiety can have negative consequences on their emotional and academic well-being and, if not intervened, can lead to very serious problems in adolescence and adulthood.

That is why this should be a book for all parents so that from home they can identify and address anxiety episodes early, this psychoeducation can prevent the development of more serious anxiety disorders in the long term.

Today, emotional education brings with it numerous benefits for children, starting with the identification of emotions and emotional regulation. By learning to express and manage their emotions in a healthy way, children can face conflicts more effectively and establish healthy relationships. with the rest.

It is important to educate children in the management of their emotions and recognize situations that are antecedents to an episode of anxiety or, more seriously, to a panic crisis. Therefore, it is vitally important to know these practical tools that are very useful both in the family environment, as well as educational.

Emotional education provides them with the necessary skills to face life's emotional challenges in a healthy way, while early recognition of anxiety allows them to obtain adequate support and prevent long-term problems.

This is a fundamental book to promote emotional education in educational and family environments, so that children can develop good emotional health and have positive general well-being.

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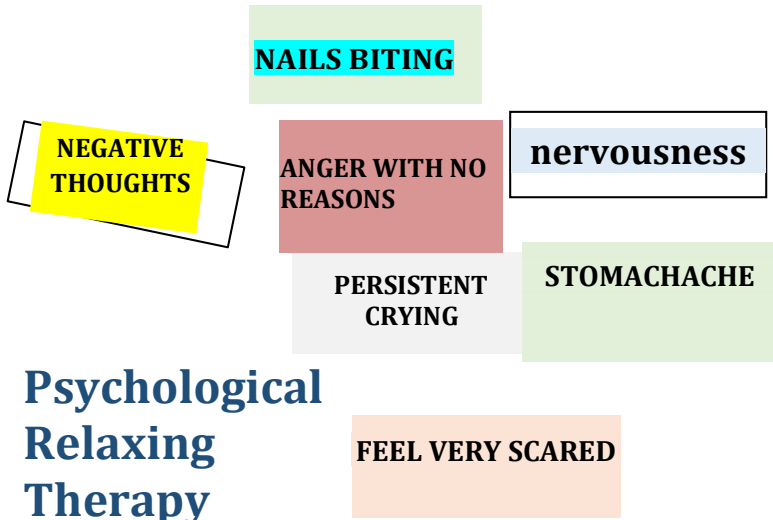
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MARI POMARE GRINARD

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Self Development
1st Edition

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INDEX I

Pag

Introduction	8
General Instruction	10
The KOEPPEN Children's Relaxation Technique	11
Instructions.....	12
Description	13
1. The Lemon	14
1.A. Relax your Hands and Arms	15



INDEX II

Pag

2. The Lazy Cat.....	21
2.A. Relax your Hands and Arms.....	22
3. The Turtle	27
3.A. Relax your Neck and shoulders.....	28
4. A piece of gum	34
4.A. Relax your Jaw	35
5. The Elephant in the Field.....	39
5.A. Relax your stomach	40



INDEX III

Pag

6. The Desert.....	50
6.A. Relax your feet	51
7. The Beach.....	59
Diaphragmatic breathing.....	60
7.A. Relax your Mind	62
Recognition.....	71
Bibliography.....	74
