

JOIN US FOR THIS SPECIAL COMMUNITY EVENT!



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# The Do's and Don'ts of Managing Anxiety: Concrete Tips To Help Teens Move Forward

Speaker: Lynn Lyons, LICSW

August 17, 2022

5:00-6:30PM

St. Johnsbury Academy

Fuller Hall

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***This event is FREE and open to the public.***

***Please park at the Field House.***

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This event will also be streamed live. Details will follow.

Worry and anxiety are normal and expected parts of learning and growing, but when teens face challenges cognitively, socially or emotionally, anxiety can step in and take over. Anxiety can be overwhelming and rigid, but it's also based on predictable patterns that can be shifted once we learn how it operates. Lynn Lyons offers an approach that is based on skill-building. The goal? Prevent anxiety from becoming too powerful and equip families with the skills of emotional management, flexibility, and connection.



*Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 30 years specializing in the treatment of anxiety disorders in adults and children.*

*Lynn travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. She is a sought after expert, appearing in the New York Times, Time, NPR, Psychology Today, and other media outlets.*

*With a special interest in breaking the generational cycle of worry in families, Lynn is the author/coauthor of several books and articles on anxiety, including *Anxious Kids*, *Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*. Her latest book, *The Anxiety Audit* will be released in October.*

*She is the co-host of the popular podcast *Flusterclux*.*