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Back to school anxiety transcript

Anxiety is Normal

“Anxiety is normal. It’s actually a good thing, it’s a normal part of life it helps us to be prepared. It helps us stay out of danger.”

When to seek help

“Pushing, being firm for them to go to school is probably the best decision, but if you’re doing that and things are not getting better, then that’s the time to seek help.”

Therapy may help

“Therapy is basically facing your fears. We call it exposure therapy, so you expose yourself to what you’re afraid of. So if you’re afraid of going to school you practice going to school, if you’re afraid of being away from your parents, you have to practice being away from your parents. What we do is help structure that – help the family breakdown frightening situations into small steps. Give the kid and the parents the confidence that this is the right way to go and support them as they stick with the plan because it can take time and it can be rocky along the way.”

Anxiety vs stress

“Make sure why your child’s anxious and that’s the difference between anxiety and stress. By Anxiety I mean that I’m overly anxious about something that’s pretty safe so I’m nervous about going to school just because I’m being away from my parents and there’s nothing particularly stressful going on in my life. Versus stress which actually is a problem that needs to be dealt with for example if a child has a learning disability.”

Parent’s need support

“Support is probably the most important thing for parents – having other parents, friends, family show can empathize especially those who have kids who have already gone off to college or who have already gone through this already can be comforting to talk to.”