



# Town of Ashland

## MASSACHUSETTS

ASHPAC Workshop:

Practical Ways to Support Your Child When He/She FEELS Anxious by Lynne Mitchell, MSW

Agenda

Thursday, March 14, 2019

7:00 PM

Ashland Middle School Activity Room

87 West Union St, Ashland, MA 01721

Lynne Mitchell, MSW is a clinical social worker with over 20 years experience working with children, teens, schools and families. She lectures frequently about anxiety and returns to ASHPAC to discuss the physical sensations of anxiety. Per Ms. Mitchell, there are two distinct ways in which anxiety effects people. The aspect of anxiety that is discussed the most is the cognitive aspect of anxiety; "What are you nervous about?" "What are you thinking?" "I can't stop worrying about something." Another way that anxiety effects people is the physical sensations that are a part of anxiety. The body has instinctual, physical responses to anxious thoughts. This workshop will focus on understanding how the body reacts to anxiety and most importantly, how to support your child when they "feel" anxious.'