**Homeschooled But Still Anxious**

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Greater St. Louis Area Homeschool Expo, March 24th, 2012

1. **What is anxiety?**
   1. Causes
      1. Physical
      2. Social
      3. Spiritual
   2. Types
2. **How to Teach Your Child (and Yourself) to Cope with Anxiety**
   1. Physically
   2. Mentally
   3. Spiritually
3. **What to Do if You Need Additional Help**
   1. Physician
   2. Cognitive-Behavioral Therapist
   3. Resources: Anxiety-Free Kids by Bonnie Zucker, Your Anxious Child by John Dacey & Lisa Fiore, Anxious for Nothing by John Macarthur, Freeing Your Child from Anxiety by Tamar Chansky

Check out motivatedhomeschooler.com for the LearnMathFast giveaway, the link to judge speech at the Gateway tournament, and links to the above books and even more great resources. See melaniewilson.org or go to Amazon.com to get ***So You’re Not Wonder Woman*** free TODAY ONLY!