

~ The SPIN Journey ~

See

Recognize daily signs & symptoms.

Prepare

Lay the groundwork for real change.

Implement

Begin using skills & strategies.

Next Steps

Move forward with confidence & joy.

Focus on Kids

Take note of anxiety & anxious feelings

Create a plan & examine big feelings

Choose the tools that work for you

Build independence, resiliency & self advocacy

Focus on Connections

Examine family relationships

Choose path for deeper conversations

Listen, validate, & focus on the positive

Explore tough situations & learning opportunities

Focus on Parents

Notice parent's anxiety & anxious feelings

Strengthen skills to respond, not react

Control and manage parent anxiety

Create calm at home & with family

