



... for parents

6.3 AN OUT-OF-ZONE EXPEDITION

Coping with anxiety

DID YOU KNOW?

Your child has taken part in an OFF-TRAIL workshop on the **comfort zone**. They learned to use strategies to cope with and reduce anxiety.

The comfort zone includes situations where your child feels comfortable or on familiar ground. Outside the comfort zone lies the fear zone, which represents all anxiety-provoking situations. To avoid fear, children may tend to stay in their comfort zone; this is known as **avoidance**. The more a child avoids fear, the more their comfort zone shrinks and the more their fear zone expands. Avoidance may seem to calm anxiety in the short term, but it ends up increasing it. That's why it's important to help your child cope with anxiety-provoking situations.

NOW IT'S UP TO YOU!

You can help your child step out of their comfort zone and face their fears:

- Try new activities together;
- Encourage them to face their fears when they arise, at their own pace;
- Help them to ease their anxiety by using calming strategies (meditation, breathing, physical activities, art, contact with nature, etc.).

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Financial contribution from



Public Health Agency of Canada
Agence de la santé publique du Canada

Centre intégré de santé et de services sociaux de la Montérégie-Centre
Québec

UDS Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale

August 2024



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