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[Tammy:] We are so excited to be here today, and I brought such a great team that will be speaking to you all day today, and they're the best.

And so today we're going to talk about anxiety and the family system.

First, before I start introducing everyone, I would like to prep a little bit by just explaining a little bit about what is anxiety and why it is important to manage it—especially in the family unit.

So I'd like to share a little bit about my teenage years. Just a little bit.

I started having anxiety when I was a teenager, and I did not know I was having anxiety. I wasn't sure what was going on. I was at the doctor's and the doctor said, "You should just stop." He didn't say the word "anxiety"—just, "Stop. You have a great life."

I'm like, "Oh, OK, great. I should have thought of that." So I thought, "OK, I'll just stop." And then of course, as you can guess, it didn't stop.

OK—anxiety is real.

So in your family unit, if someone's having anxiety, let's just skip that whole first step of shame and blame and condemning. Let's acknowledge anxiety is real.

And when someone in your family's having anxiety, it can look like the person's thinking, "Oh, something bad is going to happen. Oh, we're going to grandma's. Oh, I wonder if grandma has a heart attack." It's just something bad is going to happen.

And there are more symptoms—physical symptoms, behavioral symptoms, cognitive, psychological, emotional, and spiritual.

So we all know the symptoms of—we can feel sweaty, and we can feel our hearts start racing. What is not taught a lot is we can also feel lightheaded. We could feel dizzy. We can start avoiding life. And that's what happened to me.

So just a little bit of what's going on with anxiety in our body—what science tells us.

We have a nervous system that's made up of a sympathetic nervous system and a parasympathetic nervous system. And these two systems—we want them to operate in balance. We don't want one to kick in more than the other.

And what happens when a child or a teen or adult starts having anxiety is it's like the sympathetic nervous system hijacks the body.

So what is that? Well, remember—anxiety is real. It's not something someone's trying to do. It's not made up. A child is not lying. A teen is not lying.

What is happening in the body is you'll start releasing cortisol, norepinephrine, epinephrine—which feels like adrenaline running through your bloodstream. And when you think of that, and if you've experienced that—and then to add: if anyone comes at you with, "Don't do that," when it's something that's physically happening...

So that leads me to why I brought these amazing people here to talk to you about balancing your nervous system.

The main things I see are:

1. It's uncomfortable. It feels so uncomfortable in your own body. Sometimes you feel like you're not even in your own body when anxiety hits.
2. It robs you of joy and freedom. When anxiety hits your child, your teen, or yourself, it feels as if you just walked into a prison.
3. It damages relationships. If someone in the household is having anxiety—and you're not the one feeling anxious—it can almost feel like walking on eggshells. Someone's being heightened so much from their anxiety, and they may not even realize it, and it starts getting in the way of the relationship.
4. It has medical and physical consequences. Having high levels of cortisol and adrenaline can cause physical issues.

So I am so excited for the team I brought today—mainly because of this: if I could go back to those years when I was a teenager, and I didn't know what was going on... if I could go back, I would handpick everyone I brought today and I would spend the whole day with them.

And so I just would like a promise from you that as you're here today and you're listening to these brilliant people saying brilliant things—know that you don't have to take in everything that's being said.

You can sit back, relax, and know that some things will just float by you because maybe it doesn't pertain to your family, and then something else will.

So I'll trust today that you will take away what fits your family, because each family is so unique.