



WELCOME TO OUR Monthly Newsletter

Calm Amid the Storm: Managing Anxiety in Family Life

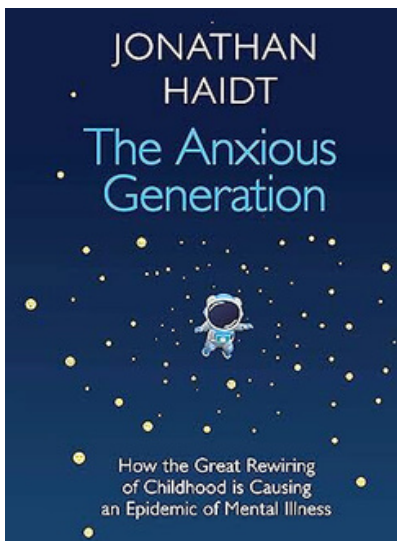
Anxiety is one of the most prevalent mental health challenges, affecting one in seven Australians each year (ABS). While occasional worry is normal, persistent anxiety can disrupt daily life and family relationships. In children, it may present as school refusal, irritability, or physical complaints like stomach aches, while adults may experience restlessness, sleep issues, or difficulty concentrating. Left unaddressed, anxiety can heighten stress within the household and lead to communication breakdowns.

Research from Beyond Blue highlights that children of parents with untreated anxiety disorders are more likely to develop anxiety themselves. A study in The Journal of Affective Disorders (2021) found that family-based interventions focusing on emotional regulation and structured routines significantly reduce anxiety symptoms. Strategies such as mindfulness techniques, open conversations about emotions, and predictable family routines help build resilience and reduce stress.

By recognizing the signs early and implementing evidence-based strategies, families can create a supportive environment. As health practitioners, we play a crucial role in guiding patients toward appropriate mental health resources, including cognitive-behavioral therapy (CBT) and family-based interventions.

In this newsletter you will find:

Pitstop Presents, Pitstop Insights and more. Keep Reading!



The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness

by Jonathan Haidt (Author)

In *The Anxious Generation*, social psychologist Jonathan Haidt explores the alarming rise in anxiety and mental health challenges among today's youth, linking these trends to the dramatic shift in childhood experiences over the past two decades. Haidt argues that the widespread adoption of smartphones, social media, and the decline of free, unsupervised play have rewired children's development, leading to heightened anxiety, depression, and social fragility. Drawing on extensive research, he makes a compelling case for rethinking modern parenting and educational practices to restore resilience in young people.

Haidt supports his claims with a wealth of peer-reviewed studies, highlighting how excessive screen time correlates with declining mental health. Research cited in the book shows that rates of anxiety and depression in adolescents have surged since the early 2010s, coinciding with the mass adoption of social media. He discusses the neurological and psychological impact of digital overexposure, explaining how constant online validation and reduced real-world interactions contribute to emotional dysregulation. The book also offers solutions, advocating for delayed smartphone use, reintroducing free play, and establishing stronger family and community support systems.

For general practitioners and mental health professionals, *The Anxious Generation* provides crucial insights into the environmental factors shaping young patients' mental health today. It serves as a valuable resource for understanding the intersection of technology, parenting, and anxiety, equipping clinicians with evidence-based arguments to guide families toward healthier developmental practices. Whether for professionals, parents, or educators, Haidt's book is a thought-provoking and timely exploration of one of the biggest challenges facing today's youth.

Meet Our Team



Dr Patrik Ho

Child, Adolescent and Adult
Psychiatrist

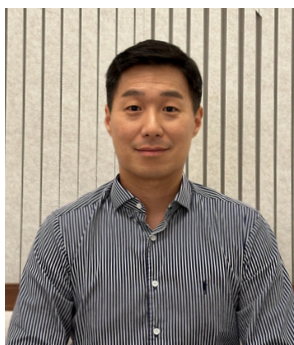
**Waiting Period: not
accepting referrals currently**



Dr Jack Hsu

Child and Adolescent
Psychiatrist

Waiting Period: 5 months



Dr Ji Won Seo

Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 6 months



Dr Jordon Liu

Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 6 weeks



Alex Catt

Registered Psychologist

Waiting Period: 3 months



Nicole Ho

Clinical Psychologist

Waiting Period: 2 months



Shawn Wang

Clinical and Organisational
Psychology Registrar

Waiting Period: 6 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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