

# AMANDA STERN

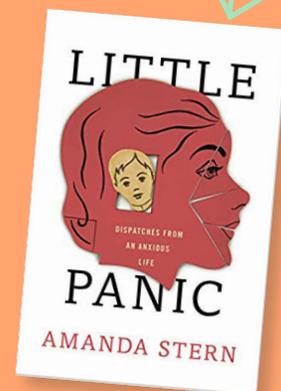
AUTHOR ★ SPEAKER ★ MENTAL HEALTH ADVOCATE



**WORKING TO ERADICATE THE STIGMA OF MENTAL ILLNESS, ONE CHARMINGLY ANXIOUS TALK AT A TIME.**

**AMANDA STERN** is a comic-turned-author who writes at the intersection of psychology and literature. She's published 13 books, 11 for children under pseudonyms, the novel *The Long Haul*, and the critically-acclaimed memoir *Little Panic: Dispatches from an Anxious Life*, about growing up with an undiagnosed panic disorder and how not knowing what was wrong with her until she was 25, shaped the course of her life. As a mental health advocate, she sits on the Advisory Board of Bring Change to Mind and collaborates with the JED Foundation.

Amanda has spoken at leading conferences, institutions, schools, community centers, and workplaces, across the United States and abroad, breaking down anxiety for people aged 4–104. She reveals the “good” traits that mask dysfunction, how to externalize and reframe fear, the myth of “normalcy,” the importance of building secondary responses, and how to find the concrete steps to face and move through what scares you. She would love to come speak to your community. Below is a summary of what to expect.



## TALKING TO LITTLE PANICKERS (K–5th Grade)

**Sticky Worry** is a one-hour light-hearted presentation and Q&A about a serious topic for children using humor and (hypo-allergenic) dog metaphors to explain the concept of anxiety. In this talk I use stories of what it was like for me to grow up with an undiagnosed panic disorder to help them learn about themselves and how they can navigate their world. By the end of the talk they will learn:

- How to read their body's “feeling-language”
- Strategies for talking to their parents about their fears
- A simple and fun (yes--fun!) method for taming chronic anxiety
- An effective mantra for facing sleep, and school
- Step-by-step instructions for achieving “scary” goals (a sleepover, a class trip, looking under the bed...)

Every class is left with a print out of all the things I discuss, including the tips, tricks and tools I provide, alongside a page of resources for the students, teachers and parents.

## TALKING TO MIDDLE PANICKERS (6th–8th Grade)

**Who is Amy G. Dala?** (hint: it's your amygdala!) is a one-hour interactive presentation and Q&A for middle school children using humor and metaphors to explain what anxiety is and where it comes from. In this talk I use stories of what it was like for me to grow up with an undiagnosed panic disorder to help them learn about themselves and how they can navigate their world. By the end of the talk they will learn to:

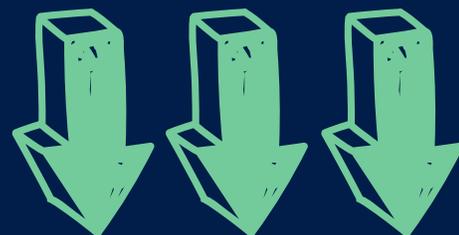
- Identify and name their own anxiety
- Break down anxiety-producing events into “I got this” pieces
- Talk to their parents about their fears
- Use rational thinking and apply logic
- Understand automatic thinking and develop a better secondary response

Every class is left with a print out of all the things I discuss, including the tips, tricks and tools I provide, alongside a page of resources for the students, teachers and parents.

## TALKING TO BIG PANICKERS (9th–12th Grade)

**No Such Thing as Normal** is a one-hour talk about my life growing up with an undiagnosed panic disorder, the lessons I've learned, how talking about your feelings and facing your fears creates confidence and eradicates the stigma of mental illness. There is also a Q&A. In this talk the audience will learn:

- The difference between typical and atypical anxiety
- How to talk to their parents about their own anxiety
- The truth about “normalcy” (hint, it's a myth!)
- How facing your fears builds confidence
- How to be the narrator of their own anxious story



## TALKING TO THE PANICKERS' COMMUNITY

**Raise the Child You Have** is a one-hour talk for PARENTS & COMMUNITY MEMBERS that explores:

- The ways we inadvertently hurt our anxious child
- How to raise your child in alignment to who they are and not against unreasonable external standards
- Effective strategies for helping your anxious child
- How to identify your own anxieties
- The best therapeutic modalities for anxiety and panic

**Don't Call on Me!** is a one-hour talk for teachers that will help to:

- Identify a child who needs special attention
- Know when to help a child move out of their comfort zone
- Reframe thinking about kids who "act out"
- Accommodate and manage different emotional needs in the classroom.

## TALKING TO COLLEGE PANICKERS

**I Majored in Panic** is a one-hour talk about my life growing up with an undiagnosed panic disorder, the lessons I've learned, how talking about feelings and facing fears creates confidence and eradicates the stigma of mental illness. In this talk the audience will learn:

- The difference between typical and atypical anxiety
- How to talk to friends about anxiety
- The truth about "normalcy" (hint: it's a myth!)
- How facing fear builds confidence
- When and where to get help

**Q&A to follow AFTER EVERY TALK.** Everyone leaves with a print-out of all the points covered, take-aways, anxiety resources, practical tools and exercises, meditations, essential reading and names of invaluable mental health organizations.

**AMANDA** is not a doctor, psychologist or neuroscientist; she is your own panicked child, student, friend, and sibling who is now all grown up and on a mission to teach your children how to express their anxiety, to articulate their fears to adults, and to provide tips and tools for how you can help them. Amanda is extremely popular with kids of all ages not just because she looks like one but because she's funny and empathetic at once.

### SEE/READ MORE

[NEW YORK TIMES REVIEW](#)

[AMANDA'S WEBSITE](#)

[AMANDA ON STAGE](#)

[AMANDA'S ANXIETY RESOURCES](#)

[AMANDA'S MENTAL HEALTH BLOG](#)

[AMANDA ON A PODCAST](#)

**Contact Amanda for Pricing and Availability**

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"AMANDA IS NOT ONLY A CELEBRATED AUTHOR AND AN AUTHENTICALLY MAGICAL STORYTELLER, BUT SHE IS AN EXCEPTIONAL PERSON TO SPEAK TO BOTH YOUR STUDENTS AND THE ADULT AUDIENCE." —Pamela Harrington, Executive Director of Bring Change to Mind



"PEOPLE WERE RAVING ABOUT [YOUR SPEECH]. I BEG YOU TO CONTINUE SPEAKING NO MATTER THE ANXIETY IT MAY BRING YOU; PEOPLE NEED TO HEAR WHAT YOU HAVE TO SAY. YOU HAVE INSPIRED ME..." —Daniel L., High School Student



"AMANDA'S SPEECH YESTERDAY WAS AMONG THE VERY BEST I HAVE EVER HEARD! WITHIN A MATTER OF A FEW MINUTES, I LAUGHED SEVERAL TIMES AND CRIED. AMANDA SPOKE WITH WARMTH AND VULNERABILITY, STRENGTH AND PASSION, WISDOM AND HUMILITY. SHE'S CLEARLY A BRILLIANT WRITER...I THINK SHE IS NOTHING SHORT OF A MIRACLE." —Dr. Bill Blank, Solomon Schechter High School in Westchester

## PRAISE FOR LITTLE PANIC

"AN EXISTENTIAL SERVICE OF THE HIGHEST ORDER" —Maria Popova of Brain Pickings



"STERN ACHIEVES A SYMPHONY OF COMPLEX FRAGILITIES AND REDEEMING STRENGTHS."

—Andrew Solomon



"BRAVE. FIERCELY FUNNY. A BRILLIANT READ THAT OFFERS HOPE FOR ANYONE BURDENED BY ANXIETY." —People Magazine

"HONEST AND DEEPLY FELT, STERN'S STORY DELIVERS A RAW WINDOW INTO THE TERRIFYING WORLD OF PANIC DISORDERS."

—Publishers Weekly (starred review)

