

ANXIETY



More information
can be found at
childmind.org

SIGNS in Children and Adolescents

Physical

- Stomachaches, headaches, and nausea
- Rapid Heart Rate
- Sleeping Problems
- Muscle Tension

Mental

- Frequent worrying
- Difficulty concentrating or attention problems
- Memory problems, forgetfulness

Behavioral

- Restlessness or fidgeting
- Task avoidance, failing to complete tasks, or seeking easy tasks
- Withdrawal, lack of participation, difficulty answering questions in class
- Irritability, perfectionism

Anxiety may also present as tantrums, disruptive behavior, or aggression when a child's "fight or flight" mode is triggered by a potential threat or fear.

HELPFUL TIPS

- Help child examine their own thoughts, and think of solutions for different problems
- Model positive self-talk and stress management strategies, such as deep breathing and movement breaks
- Teach child about the connection between anxiety and physical symptoms
- Reward their own efforts to manage their anxiety!