



Anxiety: Symptoms and Tips

Anxiety Disorders are very common, treatable medical conditions. They often begin as a single event which presents like a normal part of growing up, a simple worry or fear of a one-time event. These can progress into a disorder with chronic and persistent characteristics that interfere with daily activities.

What are the symptoms of childhood and teen anxiety?

- Irritability, sleeplessness, jitteriness, headaches, stomachaches, withdraw from events or situations
- Increased clinginess or withdrawal
- Fear of separation
- Crying, screaming, panicking refusal to participate
- Exaggerated enthusiasm and smiles with tension
- Increased excuse making for not wanting to participate, for not doing homework or chores
- Increased feelings of illness
- Seek out peers to create a dependent relationship with
- Overly eager to please others
- School stress to engage, perform, and attend, often in association to a performance or test
- Difficulty making friends
- Substance use or abuse

Risk factors:

- Increasing fear which debilitates and limits life activities, and involvement
- Health issues: stomach, digestion, irritable bowel, heart, obsessive-compulsive rituals
- Safety issues: depression, substance abuse and addictions, self-harm, suicide ideation

What to do:

- Provide reassurance that they are safe and respond with empathy
- Contact your school counselor and or nurse
- Seek support and assistance (You're not alone)
- Utilize resource list in Parent Toolkit

