

ALL ABOUT ANXIETY



Anxiety is worries or fears that are frequent and overwhelming. The feelings don't have to be caused by something specific. People facing anxiety can also have physical symptoms like sweating, dizziness, and difficulty sleeping.

Quick Information

- There are about 4.4 million children in the U.S. between the ages of 3-17 who have been diagnosed with anxiety.
- Anxiety can present itself in many ways. Children may feel stressed or panicked. They may have difficulty focusing or sleeping, and they may also feel physical effects like a stomachache or a headache.

What To Say

- "I am here for you."
- "Let's work through this together. How can I help you?"
- "I know this is hard."
- "You are safe. I am here."
- "What is your worry telling you?"

What Not To Say

- "Stop worrying."
- "Get over it."
- "This isn't a big deal."
- "I don't understand what you're so worried about."
- "It's fine."

If the anxiety continues or gets in the way of their ability to do the things they enjoy, consider getting help from a professional.

Tips For Parents

- Talk to your child about how they are feeling. Help your child develop ways to cope with their anxious feelings, like deep breathing, exercising, and using positive self-talk.
- Manage your own anxieties. Different life circumstances can leave us all feeling anxious. Our kids can pick up on this, so it is important to keep your conversations age-appropriate and reassuring.

Parent Resources

- Anxious Kids, Anxious Parents by Reid Wilson and Lynn Lyons
- What To Do When You Worry Too Much by Dawn Huebner
- www.worrywisekids.org
- Growing Up Brave by Donna Pincus

Picture Books For Kids

- The Worrysaurus by Rachel Bright
- Wemberly Worried by Kevin Henkes
- Wilma Jean: The Worry Machine by Julia Cook
- Worry Says What by Allison Edwards
- The Huge Bag Of Worries by Virginia Ironside
- The Whatifs by Emily Kilgore
- Hey Warrior by Karen Young