

ANXIETY

What It Is:

A mental health condition that involves excessive worry, fear, or nervousness. It can manifest as general anxiety or specific phobias, and it often affects social interactions, school performance, and daily activities.

Impact:

Children with anxiety may struggle with concentration, avoidance of certain situations, or physical symptoms like headaches or stomachaches. Anxiety can interfere with social relationships and academic progress.

Support Strategies:

- Create a calm and predictable environment with clear routines and expectations.
- Allow breaks or calming areas where the child can relax when feeling overwhelmed.
- Teach and practice coping strategies, such as deep breathing or mindfulness exercises



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