Understanding Disabilities: Anxiety in Children and Youth

Symptoms of anxiety include:

Repetitive, unwanted thoughts

All children experience some type of anxiety.

Anxiety is a natural and expected part of life and very common part of the youth development process.

Inability to control feelings of worry

Physical feelings, such as increased heart rate, flushed face, or shakiness

Problems concentrating or mind going blank

Emotional feelings of irritability, restlessness or tension

Continued exposure to chronic stressful life or environmental events in early childhood,







Some physical health conditions, like thyroid issues or heart arrhythmias.

disorders in biological relatives.





Overuse of caffeine and other substances and medications

If you are caring for someone who is experiencing anxiety, here are tips for managing symptoms:

- Pay attention to moods and behaviors as symptoms may come and go over time
- Learn all that you can
- Work with your child's school to make them aware of your child's challenges
- Be respectful of your teen's feelings
- Set a "new normal" in terms of your rules and expectations



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