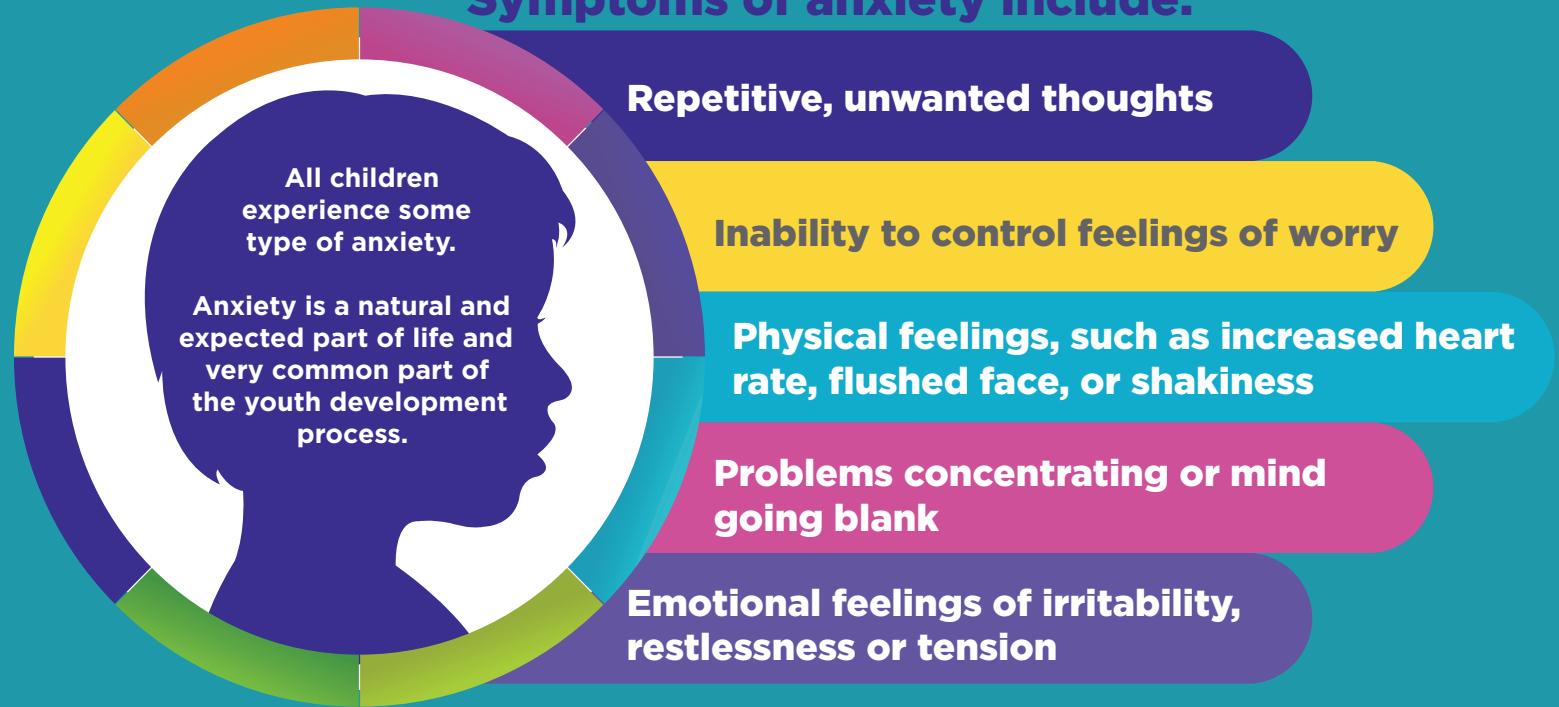


Understanding Disabilities: Anxiety in Children and Youth

Symptoms of anxiety include:



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



Anxiety Disorders Risk Factors



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



History of anxiety 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



SCAN TO READ **UNDERSTANDING
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