Understanding Disabilities: Anxiety in Children and Youth

Symptoms of anxiety include:

Repetitive, unwanted thoughts

All children experience some Inability to control feelings of worry type of anxiety. Anxiety is a natural and Physical feelings, such as increased heart expected part of life and very common part of rate, flushed face, or shakiness the youth development process. Problems concentrating or mind going blank Emotional feelings of irritability, restlessness or tension Continued exposure to Some physical health chronic stressful life or environmental events in thyroid issues or heart Anxiety Disorders early childhood, **Risk Factors** Overuse of caffeine and other substances and

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





