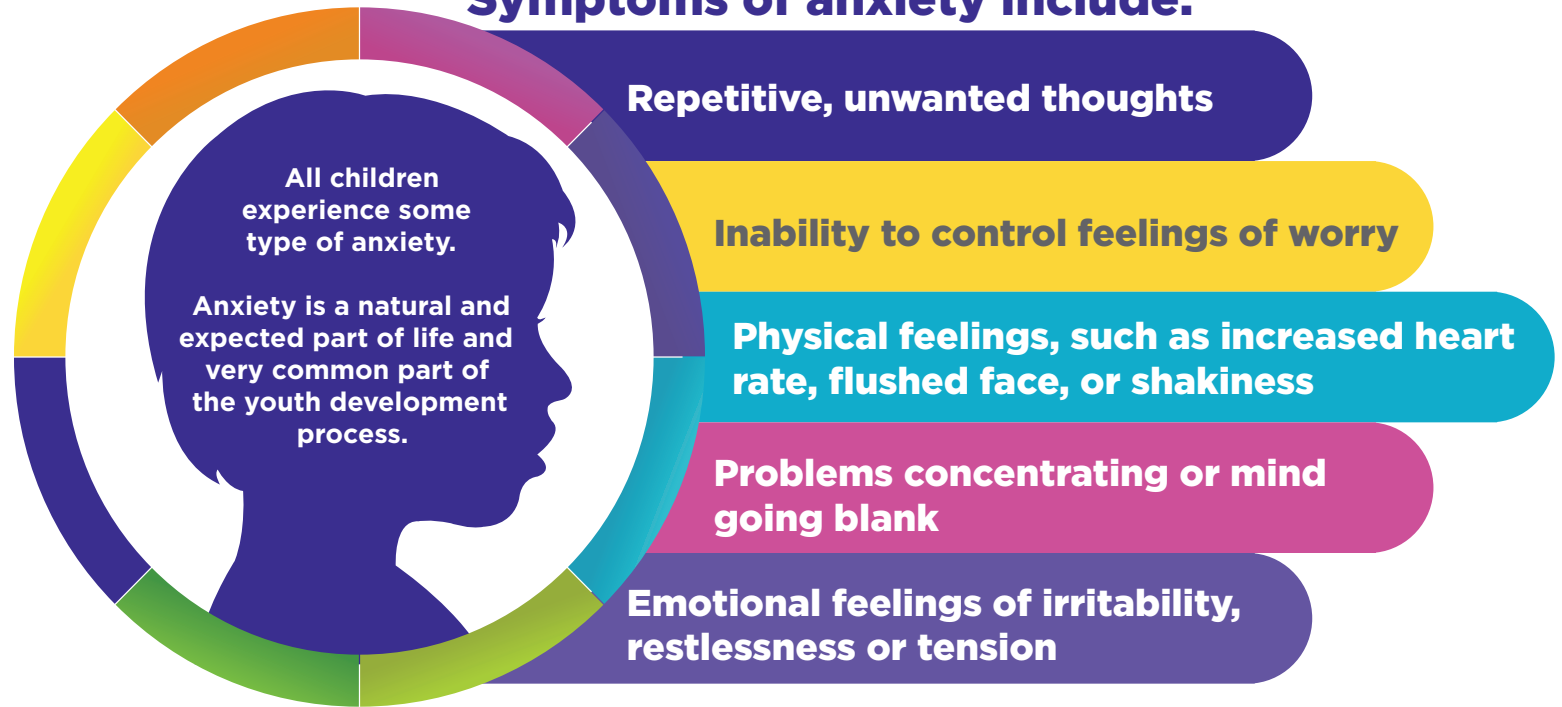


Understanding Disabilities: Anxiety in Children and Youth

Symptoms of anxiety include:



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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AND YOUTH**

Lori Gallimore, EdD, Extension Specialist; et al.

