



IS IT ANXIETY?

DIFFERENT WAYS CHILDREN EXPRESS ANXIETY

SLEEP DIFFICULTY

Falling asleep, staying asleep, frequent night waking, nightmares, and new bedwetting are all signs that anxiety might be present.

AVOIDANCE

Children may attempt to avoid whatever it is that makes them feel anxiety. This could be avoidance of homework, the object of a specific phobia, social situations, and any other anxiety provoking stimulus.

NEGATIVITY

Children who experience anxiety are likely to experience negative, unhelpful thoughts. These thoughts may be manifested in their behavior and/or the way they approach situations.

DEFIANCE

Because it is hard for children to communicate their feelings, they may appear defiant and disrespectful when it is really emotional turmoil associated with anxiety holding them back.

ANGER

As with defiance, difficulty communicating may manifest as irritability. Also, fear and stress can trigger the fight/flight response without them understanding their experience of anger

LACK OF FOCUS

Anxiety is very distracting. It is easy to get caught up in anxious thoughts making it seem as though children are just not paying attention. They are. Only their attention is focused within.



APPEAR OVERLY EMOTIONAL

Children with anxiety often feel so overwhelmed, they have difficulty managing their emotions. In addition to anger, they may cry easily or have overblown reactions to seemingly manageable situations.

PHYSICAL COMPLAINTS

Children with anxiety often experience it in their body and complain of muscle soreness, headaches, and belly aches.

