



# November: Anxiety

## WHAT PARENTS AND CAREGIVERS NEED TO KNOW

What is anxiety? We all experience moments of stress. But sometimes that feeling does not go away or intensifies, which can cause anxiety. Anxiety is a general term for an emotion that is described by uneasiness, worried thoughts, tension, or fear.

When a child is experiencing anxiety, their body thinks it is in danger and goes into the freeze, flight, or fight response. You can play an essential role in helping your child manage anxiety. When coping skills and brave behavior is rewarded and practiced in the home, children and teens can learn to face their fears and gain confidence.

### What you can do to help support your child:

1. Help them manage their anxiety instead of striving to eliminate it. If your child has tools to manage their anxiety then it will naturally decrease over time.
2. Remind them that they are safe and loved.
3. Practice coping skills together. Deep breathing can help reverse physical symptoms they may be experiencing such as elevated breathing or shakiness.
4. Encourage your child to express and release their anxiety in creative ways such as drawing or dancing.
5. Encourage your child not to avoid anxiety provoking situations, but instead to experience them with your support.

### Additional Resources

- [Being a Parent when you have anxiety](#)
- [How to help your child with anxiety](#)
- [9 things parents with an anxious child should try](#)