



# OCTOBER: ANXIETY

## – What Caregivers Need to Know –

### The Basics

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, worrying thoughts, tension, or fear.

### Signs of Anxiety

Anxiety affects each person differently. Here are some common behavioral signs and factors that may cause anxiety:

- Feeling nervous or intense emotions
- Difficulty focusing
- Increased heart rate or trouble breathing
- Fatigue or feeling weak
- Trauma
- Family history

### Tips to Manage Anxiety for Kids

1. Help them manage their anxiety instead of striving to eliminate it. If your child has tools to manage their anxiety, 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

- Article: [Helping Kids with Anxiety](#)
- Article: [Anxiety Disorders](#)
- Video for younger kids: [Anxiety Monster book](#)
- Video for older kids: [Coping with Anxiety and Stress](#)