



# OCTOBER: ANXIETY

## – What Caregivers Need to Know –

### Signs of Anxiety

Anxiety looks different for everyone and can look different at each age. In younger children, anxiety can present as clinginess, frequent crying, fear of being apart from family, trouble sleeping including nightmares and sometimes bed-wetting. In older children, anxiety might look different. Older children and teenagers might be irritable, have trouble concentrating, avoid what makes them anxious (like schoolwork or social situations), struggle with confidence, and have negative thoughts about themselves.

### Tips to help your child manage anxiety

1. **Talk about it together:** listen with the goal of understanding their feelings. Let them know you want to help them work through it.
2. **Add movement:** stress can be stored in our bodies and activities like walking, jogging, dance, sports, yardwork, or yoga are great ways to release nervous energy. Plus, being active while talking can make difficult conversations easier!
3. **Practice coping skills together:** Deep breathing can help reverse physical symptoms they may be experiencing such as elevated breathing or shakiness. Others find music, making art, or guided meditations help reduce anxiety.
4. **Role modelling:** Naming your own feelings and how you manage them can be helpful for children of all ages to observe. For example, “I was feeling anxious earlier when we almost missed the bus. I didn’t want us to be late! I’m feeling better now that I’m taking some deep breaths”.

#### Additional Resources

- Article: [What To Do \(And What Not To Do\)](#)
- Article: [Anxiety Disorders](#)
- Video for younger kids: [Anxiety Monster book](#)
- Video for older kids: [Coping with Anxiety and Stress](#)