



# OCTOBER: ANXIETY

## – What Staff Need to Know –

### Common Types of Anxiety in Youth

All children experience feelings of fear and nervousness, but when these feelings persist and become more intense and consistent over time, or begin to disrupt functioning at school or home, we might consider seeking outside support.

Teachers are often the first to see signs of anxiety outside of the home. Here are some of the most common types of anxiety experienced by youth:

- **Separation anxiety:** extreme fear of being apart from caregiver, mostly seen in young children
- **Social Anxiety:** fear and panic in social situations or when performing or speaking in front of others
- **Panic disorder:** repeated episodes of intense fear that is sudden and unexpected, often with shortness of breath, racing heart, and feeling dizzy or shaking
- **General anxiety:** persistent worry and fear about the future and about bad things happening (globally or to loved ones)
- **Phobias:** having extreme fears of specific things that leads to distress and avoidance (for example dogs, spiders, going to the doctor)

### Tips to Manage Anxiety in the Classroom

1. Provide lots of structure and routine, such as a visual schedule, and informing students when changes will occur
2. Normalize talking about feelings in class. Add a 'feeling check-in' activity or visual to your class morning meetings
3. Provide options for class assignments: offer 'practice time' in class for presentations, the option to record a presentation, or present 1:1 to the teacher

### Additional Resources

- Article: [When Should Teachers ask for Help?](#)
- Article: [20 Ways to Help Students with Anxiety](#)
- Article: [How to Help a Child Struggling With Anxiety](#)