

Anxiety



What is Anxiety?

While everyone worries sometimes, people with anxiety have lots of extra worries that get in the way of life at home, school, or with friends.

Anxiety can happen about many things. Examples are school, friends, being perfect, changes in routines, or being apart from their family.

Some children may get headaches or bellyaches with anxiety. Anxiety can look different for every child.



How to Support Your Child



Children with anxiety may need treatment like **Cognitive Behavioral Therapy** or **medication**. **Talk to your doctor** about your child's needs.



Support your child with **praise for brave behaviors**. Praise their **effort** ("I know this is tough, but you can do it." "You are being so brave!").



Talk to your child and **create opportunities** for your child to talk to you.



Encourage your child's **positive coping** and **relaxation skills**, like deep breathing, counting to five, or taking a break.



Help your child **start to do things** that seem hard. Break big challenges up into **small pieces**.



Good **sleep**, **exercise**, and a **healthy diet** are important for overall health.



Need Help?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan here for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

 **Children's National.**