

Anxiety

Anxiety symptoms are common in children and adolescents, with 10-20% of school-aged children experiencing anxiety symptoms. An even larger number of children experience stress that does not qualify as an anxiety disorder. So how can you help to reduce your child's anxiety and stress?

- 1) *Encourage your child to face his/her fears, not run away from them.*
- 2) *Tell your child that it is okay to be imperfect.*
- 3) *Focus on the positives.*
- 4) *Schedule relaxing activities.*
- 5) *Model approach behavior, self-care, and positive thinking.*
- 6) *Reward your child's brave behaviors.*
- 7) *Encourage good sleep hygiene.*
- 8) *Encourage your child to express his/her anxiety.*
- 9) *Help your child to problem solve.*
- 10) *Stay calm.*
- 11) *Practice relaxation exercises with your child.*
- 12) *Never give up!*

Resources

If you think that your child is suffering from an anxiety disorder or experiencing a high level of stress or you need the help of a therapist, please see the following resources:

Anxiety Disorders Association of America: www.adaa.org

OCD Foundation: www.ocfoundation.org

Child Anxiety Network: <http://www.childanxiety.net/>

Anxiety Social Net: <http://www.anxietysocialnet.com/>