

# ALL ABOUT ANXIETY

Anxiety is worries or fears that are frequent and overwhelming. The feelings don't have to be caused by something specific. People facing anxiety can also have physical symptoms like sweating, dizziness and difficulty sleeping.

## QUICK INFORMATION:

- There are about 4.4 million children in the U.S. between the ages of 3-17 who have been diagnosed with anxiety.
- Anxiety can present itself in many ways. Children may feel stressed or panicked. They may have difficulty focusing or sleeping, and they may also feel physical effects like a stomachache or a headache.

## TIPS FOR PARENTS:

- Talk to your child about how they are feeling. Help your child develop ways to cope with their anxious feelings like deep breathing, exercising, and using positive self talk.
- Manage your own anxieties. Different life circumstances can leave us all feeling anxious. Our kids can pick up on this, so it is important to keep your conversations age-appropriate and reassuring.

## WHAT TO SAY:

- "I am here for you."
- "Let's work through this together. How can I help you?"
- "I know this is hard."
- "You are safe. I am here."
- "What is your worry telling you?"

## RESOURCES FOR PARENTS:

- [Anxious Kids, Anxious Parents](#) by Reid Wilson and Lynn Lyons
- [What To Do When You Worry Too Much](#) by Dawn Huebner
- [www.worrywisekids.org](http://www.worrywisekids.org)
- [Growing Up Brave](#) by Donna Pincus

## WHAT NOT TO SAY:

- "Stop worrying."
- "Get over it."
- "This isn't a big deal."
- "I don't understand what you're so worried about."
- "It's fine."

## PICTURE BOOKS FOR KIDS:

- [Wemberly Worried](#) by Kevin Henkes
- [Wilma Jean: The Worry Machine](#) by Julia Cook
- [The Huge Bag Of Worries](#) by Virginia Ironside
- [Silly Billy](#) by Anthony Brown