



Helping Students Cope with Anxiety

For more information about The Enrichment Center, our team of school-based mental health therapists, and parent resources, visit our website at: www.TheEnrichmentCenter.org

How to Identify Anxiety in Your Student

Anxiety is characterized by symptoms such as irritability, excessive worrying, nervousness, sleep problems, and/or physical problems such as headaches and stomach aches. Signs of anxiety can vary depending on the severity and even the age of the child.

Anxiety Symptoms in Teens:

- Constant fears or worry about routine aspects of their life
- Withdrawal from friends or social activities
- Irritability or lashing out at others
- Substance Abuse
- Refusal to go to school
- Sleep problems
- Difficulty in school or sudden poor performance
- Constantly seeking reassurance

Anxiety Symptoms in Children:

- Difficulty Concentrating
- Problems with Sleep or Nightmares
- Having Tantrums or Anger Issues
- Being tense or fidgety
- Frequent periods of crying
- Frequent complaints of not feeling well

Talk to your child about their worries. The way you respond to your child's thoughts and behaviors can have a significant impact on their ability to cope. By listening attentively and expressing empathy, you're already providing a great deal of support.

Coping Strategies to Practice with your Student:

Deep Breathing
5-4-3-2-1 Grounding
Exercise
Positive Self-Talk

4-7-8 Breathing
Journaling
Pick a Color Grounding
S.M.A.R.T Goals

It's ok to ask for help. Reach out to your child's school counselor, a mental health agency, or a pediatrician if you feel that your child's anxiety is more than they can handle.