



Managing anxiety

Kids can feel anxious about different things at different ages. Many of these feelings are a normal part of growing up. While worry is often controllable and temporary (like being worried about starting a new school or taking a test), anxiety is less controllable and more long lasting. Anxiety becomes a problem when it impacts kids' daily activities. If you have concerns about your child's anxiety, seek the advice of your pediatrician.

Some signs of anxiety in kids can include:

- Feeling worried most days of the week for weeks in a row
- Sleep issues
- Trouble concentrating
- Restlessness or feeling tired during the day
- Irritability
- Avoiding talking about feelings

How you can help your child manage anxiety:

- Remain calm with your child if they get anxious and have them take some slow, deep breaths.
- Talk to your child about what's making them anxious.
- Setting a routine can help ease anxiety.
- Don't avoid situations that raise your child's anxiety. Instead, praise your child during stressful situations.
- Help them learn relaxation techniques like deep breathing or yoga.
- Maintain healthy habits. Make sure they get enough sleep, nutrition and exercise.

If you or a loved one are considering harming themselves, contact the National Suicide Prevention Lifeline at 1-800-273-8255.

Children's Wisconsin believes that caring for a child's mental and behavioral health is just as important as caring for their physical health. Visit childrenswi.org/shinethrough to learn more about what Children's is doing to detect needs sooner, reduce stigma and improve access to care.

Watch the Ask the experts: Anxiety in teens and how to help video on Children's Wisconsin's YouTube channel.

childrenswi.org/schoolhealth
schoolhealth@chw.org

