

10 Ways to Recognise Anxiety in Kids

Feeling that danger is nearby triggers the fight or flight response. This can make a child feel angry or irritable without really knowing why.



Loss of focus - anxiety can be consuming and it is hard to focus on other things when your mind and body are full of anxiety



Anxious kids can seem edgy and being easily startled by situations, people, or events - their internal resilience is lowered

Physical symptoms are a common sign of anxiety - headaches, bellyaches, nausea. A stressed mind is a stressed body



Tearfulness and emotionality even when given ample reassurance suggest the child is not able to resolve their distress



Defiance is often quickly seen as a behavioral problem, but it could also mean the child is trying to control the situation to reduce their discomfort



Negativity and lots of questions - this indicates the child is uncomfortable and seeking reassurance



Disrupted sleep - this can show that the child has an overactive mind and struggles to turn off at night



Withdrawing from others or things that they used to enjoy - anxiety can be all consuming

Avoidance of places, people or things indicates the child is trying to manage their anxiety by avoiding any unwanted exposure to triggers



Anxiety In Children

Michal Rosen-Zvi



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