

What Is Anxiety?

**FOR
KIDS**

UNDERSTANDING ANXIETY

Anxiety is a type of mental health challenge where you find yourself worrying often about different things in life.

It's like having a mind that's always on high alert, making everyday concerns feel more intense and lingering longer than they should. It's pretty common, and it's okay to talk about it!

SYMPTOMS

- **Non-Stop Worrying:** Dealing with worries that just won't stop, like having a never-ending to-do list in your head.
- **Feeling Restless and Easily Irritated:** You might feel fidgety and get annoyed easily. Everything feels like it's getting on your nerves more than usual.
- **Tense Muscles:** Do your muscles feel tight, like you've been holding onto stress all day? It's as if that tense feeling just won't let go.
- **Trouble Concentrating:** Are your thoughts all over the place, making it hard to concentrate on anything? It feels like trying to finish homework during a noisy concert in your mind.
- **Sleep Struggles:** You could be experiencing trouble going to sleep or staying asleep. Like your brain decides that bedtime is the perfect moment to replay all the day's worries, making a good night's sleep a bit tricky.



ANXIETY CAN CAUSE...

- Trouble focusing in school & grades slipping
- Strained friendships and making it harder to connect with others
- Issues with your body like frequent headaches and stomachaches

SO WHAT CAN YOU DO ABOUT IT?

Flip over to find out...

Text "help" to 9-8-8 and anonymously talk to someone who can help you. They're available 24 hours a day, 7 days a week.

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An Action Plan to Manage Anxiety

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WHAT CAN YOU DO ABOUT ANXIETY?

- **Self-Awareness:** Recognize the signs and things that trigger you to feel anxious.
- **Healthy Lifestyle Habits:** Exercise regularly, eat a healthy diet, limit screen time and do your best to get enough sleep.
- **Mindfulness And Relaxation Techniques:** Try deep breathing exercises, guided meditations, and progressive muscle relaxation techniques.
- **Manage Your Time:** Break big tasks into smaller, more manageable steps. Set realistic goals for yourself, and prioritize what needs to be done first.
- **Seek Support:** Talk to your parents, teacher, school counselor, or other trusted adult. They can help you understand and manage your anxiety. Schools have accommodations they can make to help ease your load and make school less of a trigger for your anxiety.



SOME EXERCISES AND TECHNIQUES TO TRY

- **Journaling:** Write down your thoughts and feelings to get them out of your head.
- **Mindfulness Meditation:** Look up short, guided meditations to help you relax.
- **Positive Affirmations:** Develop and repeat statements that make you feel better.
- **Study Breaks:** Plan out short breaks when doing homework to give your brain a break.
- **Mental Health Apps:** Headspace, Calm app and Insight Timer are all great resources.

Remember...

Seeking help is a sign of strength, and help is available for managing anxiety.

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