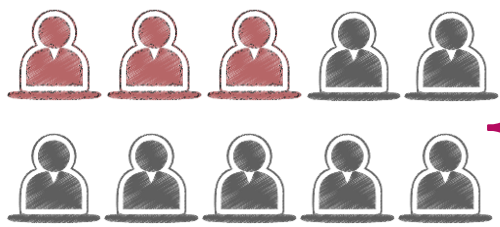
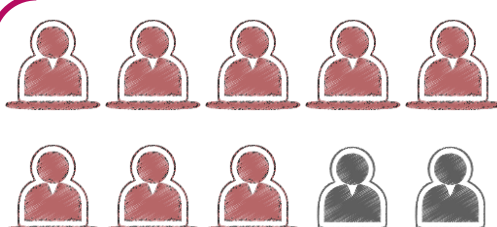


Experiencing occasional anxiety is a normal part of everyday life. However, some people experience an intense and excessive amount of fear and worry which may be due to anxiety. Researchers are learning that anxiety disorders have a biological basis, much like allergies and hair color. Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events (trauma/crisis). These feelings of panic and sadness may interfere with daily activities, are difficult to control, seem irrational to others, and may last long periods of time. Symptoms or feelings of anxiety may start during early childhood and continue well into adulthood. (Mayo Clinic, 2021)



30% of youth will experience anxiety



80% of that group will go untreated

(Children's Mental Health Report, 2020)

What is Anxiety?

Click Here

- Being very afraid when away from parents (separation anxiety)
- Having extreme fear about a specific thing or situation, such as dogs or going to the doctor (phobias)
- Being very afraid of school and other places where there are people (social anxiety)
- Being very worried about the future and about bad things happening (general anxiety)
- Having repeated episodes of sudden, unexpected, intense fear

Crash Course Psychology #29 OCD and Anxiety Disorder Video

(CDC, 2021)

Fight, Flight or Freeze

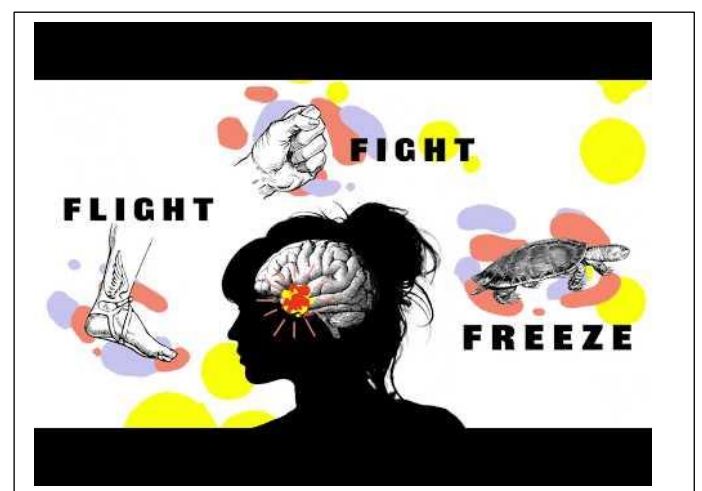


Anxiety Canada developed these Fight, Flight or Freeze videos to help us learn how anxiety keeps us alive, and how worries in our head affect what you feel in your body.

Elementary

Secondary

(Anxiety Canada, 2021)



Izzy Leonard



Click to read Izzy's speech and much more

Izzy, a sixth-grade student at Lecanto Middle School, received third place for her Tropicana Speech on Mental Health Awareness. Izzy's speech shared recent statistics, signs, and symptoms of mental health illnesses, and how you can assist someone that may be experiencing a mental health concern. Izzy stated, "I wrote the speech because I wanted to make a difference and wanted my peers to know that they are not alone."

Possible Signs of Anxiety in the Classroom

- Student may appear cautious, nervous, shy, uneasy, irritable, or fearful
- Student may express their fears by crying or throwing tantrums, and it may be very difficult for them to calm down
- Student may seek constant approval or reassurance from others
- Student may describe feeling physical symptoms, like headaches, stomachaches, racing heartbeat, or difficulty breathing
- Students may stop engaging in social activities and become isolated
- Students may have a hard time concentrating, grades may decline, frequent missed assignments and/or feeling overwhelmed by schoolwork
- Students may become obsessed with perfection or feel defeated by their decline
- Others may notice an abundance of sweat, trembling, or shaking

Resources and Strategies for Understanding Anxiety

| Resource | Description | Grade Level | Educator | Family |
|--|--|-------------|----------|--------|
| 5 Tips for Coping with Test Anxiety (for kids) | A five-minute video describing test anxiety, performance anxiety and tips to cope. | 3-8 | X | X |
| Coronavirus - Dealing with anxiety & mental health during a pandemic | Helpful strategies to ease anxiety when you wake-up and go to sleep. | 6-12 | X | X |
| Anxiety and depression in kids: Health Head to Toe | Kids talk about anxiety and depression and how parents can help. | K-8 | X | X |
| A Japanese Method to Relax in Five Minutes | Bright Side shares a Japanese method that helps relieve stress and anxiety. | All | X | X |
| Reducing Test Anxiety with Simple Strategies | Edutopia - Addressing test anxiety does not require sweeping changes. | All | X | X |
| Anxiety Canada | Coping with Anxiety - access to resources for children, teens, and adults. | All | X | X |
| Helping Students Beat Test Anxiety | Fear of failure can prevent students from showing what they know on big tests - but a ten-minute writing exercise can help. | All | X | |
| 12 Tips for Parents to Help an Anxious Child | 2 Educate 2 Empower Publishing explains techniques you can do with your children to promote mindfulness and reassurance. | All | X | X |
| Classroom accommodations for anxiety | Strategies that can be used for all students who experience anxiety. | All | X | |
| Anxiety in the Classroom | What anxiety looks like, and why it is often mistaken for something else. | All | X | X |
| Ten Ways to Help Students Who Struggle with Anxiety | We Are Teachers article explaining how anxiety may manifest in children as well as strategies teachers can do in their classrooms to help. | All | X | |