Anxiety is a 2 am shower Anxiety is your Anxiety is a 2 am shower Anxiety	ic your
mood cha	es.
Anxiety is twitching Anxiety	t
twitching	
painful te The most common mental health disorder.	iety
is crippling. Anxiety is dark. Anxiety is is crippling. Anxiety is dark. Anxiety is	
having to	ıse
for your t	xiety
Anxiety is	your
mood che WARNING SIGNS AND COPING SKILLS	es.
Anxiety is	Ė
twitching Signs of anxiety	
painful te in young children:	iety
is cripplin 1. Unexplained physical ailments, such as stomachaches or headaches	is
having to 2. Clinginess and fear of separation	ıse
for your t 3. Refusing to speak in school	xiety
Anxiety is In older students:	your
1. Avoiding developmentally appropriate situations or activities, such as school	es.
attendance and sleepovers	t
2. Uncharacteristically irritable, oppositional or defiant behavior	
3. Inability to tolerate uncertainty about the future	iety
4. Social isolation	is
having to	ıse
for your t How schools can help reduce or prevent anxiety	xiety
Anxiety is 1. Identify young children who seem lonely and withdrawn, and give them	your
mood cha opportunities to learn social skills.	es.
Anxiety is 2. Review coping skills before handing back tests.	t
3. Give awards for growth and improvement, not just achievement.	
painful te 4. Offer work breaks—featuring Mad Libs, sudoku, trivia questions and other	iety
is cripplin games—that distract anxious kids from intrusive thoughts.	is
having to make up excuse after excuse having to make up excuse after is a second students Together	
for your behavior. Anxiety is fear. Anxiety for your behavior. Anxiety is fear.	Anxiety