

# SIGNS & SYMPTOMS OF CHILDHOOD ANXIETY

## WHAT IS ANXIETY?

Anxiety is our bodies' way of responding to something that we think might hurt us. Having small amounts of anxiety is good because it helps our bodies react to things around us and keep us safe.

## HOW MUCH IS TOO MUCH?

Too much anxiety can make it hard for us to do everyday things. We might be so anxious that we avoid doing things we like. We might also experience uncomfortable physical symptoms, extreme emotions, or negative thoughts.

## THE CYCLE OF ANXIETY



## TYPES OF ANXIETY DISORDERS

- Generalized Anxiety Disorder - an excessive amount of worry in a lot of different settings
- Specific Phobia - excessive fear about a specific thing
- Panic Disorder - extreme anxiety that causes physical symptoms, like heart racing, shortness of breath, and chest tightening. You also have intense fear of having future panic attacks.

## SIGNS & SYMPTOMS OF ANXIETY

Uncontrollable worry  
Excessive nervousness  
Sleep issues  
Stomach aches  
Headaches  
Avoiding things  
Excessive crying