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Anxiety is felt as worry or fear and is often accompanied by a combination of physical sensations, thoughts and feelings.

Teens may experience anxiety when experiencing lots of change in a short amount of time, struggles in school, family stress and going through stressful or traumatic experiences.

Everyone experiences anxiety at certain times. It can become a problem when someone feels stuck or it becomes unmanageable or distressing.

- Focused on negative thoughts
- Being nervous, panicky or frightened that it interferes with daily life, concentration, and sleep
- Impending sense of doom
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HOW TO HELP YOUR CHILD MANAGE ANXIETY

- Help your child identify the signs of anxiety and what is causing them to feel anxious.
 - This helps them know when to ask for help.
- Brainstorm activities that help them express themselves and reduce anxiety.
- Promote things we know help improve our mental health.
 - Physical exercise, quality sleep, eating a healthy diet and quality time with friends and family are all proven ways we can take care of our mental well-being!

