



# Does My Child Have Too Much Anxiety?

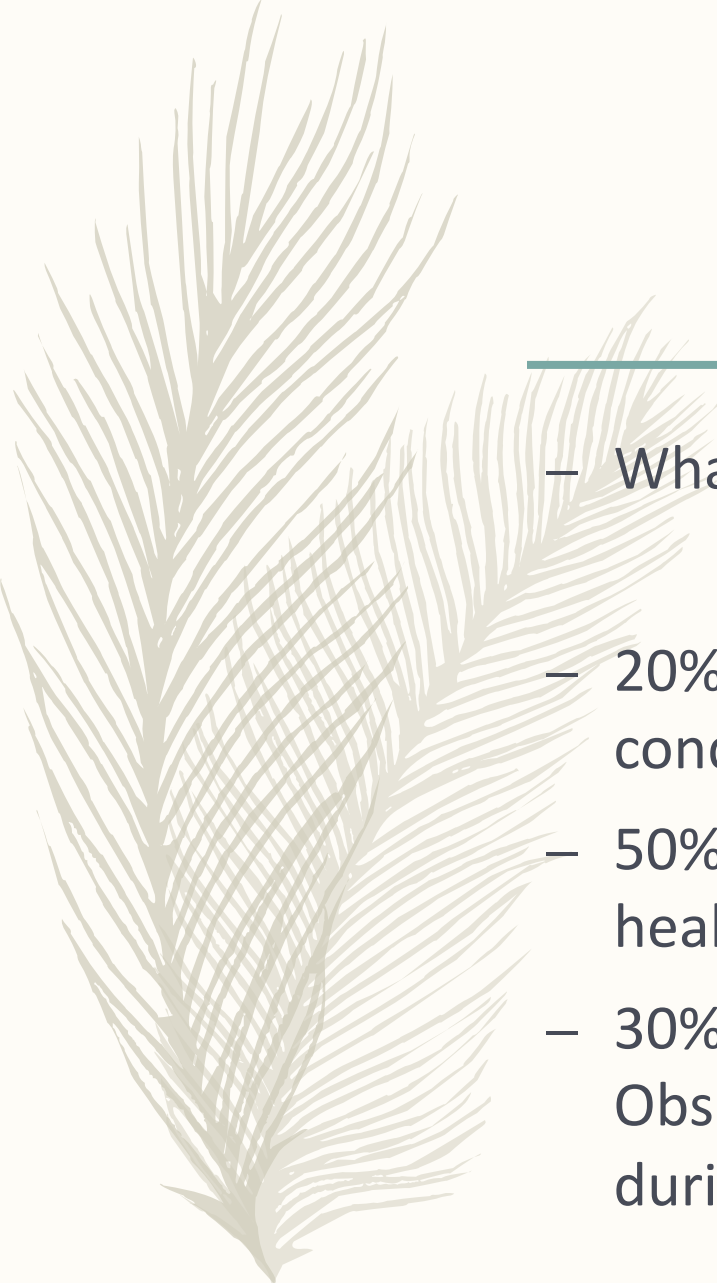
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[www.MomStuff.net](http://www.MomStuff.net)



# ANXIETY

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- What is anxiety?
  - 20% of teenagers between 13-18 live with a mental health condition
  - 50% of children between 8 -15 with mental illness received mental health services in the past year
  - 30% of adolescents experience an anxiety disorder including Obsessive Compulsive Disorder and Generalized Anxiety Disorder during their lifetime

# Anxiety is a good thing!

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- Fight or flight
  - Protection



# But...Anxiety can be debilitating

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- False dangers
- When you're stuck





# Typical anxiety

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...is developmental

...is contextual

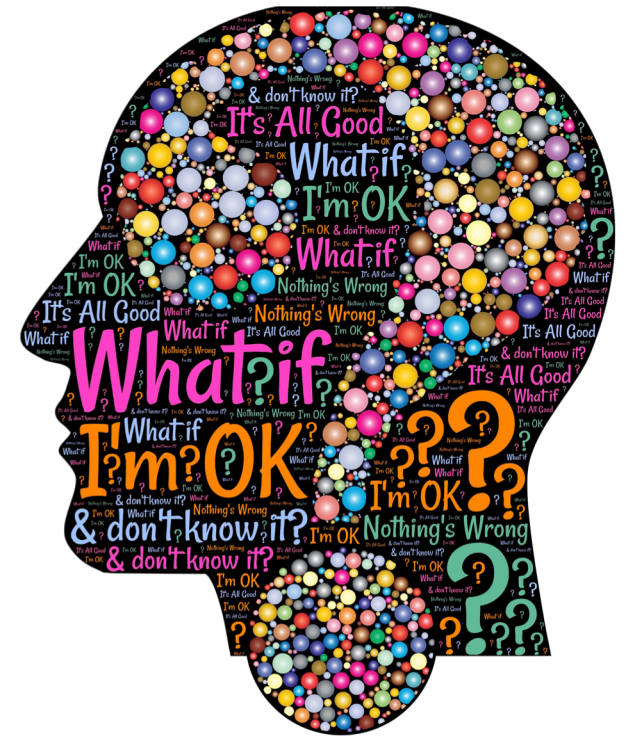
...is anticipatory



# Atypical anxiety

- Ask...
  - Does worry or stress make it hard for the child to function normally?
  - Does worry or stress interfere with the child's daily activities?
  - Does worry or stress happen consistently and persistently?
  - Is worry or stress excessive for the situation?
  - Does the child stay in fight or flight mode?

- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Phobias
- Panic attacks
- PTSD





# Warning signs

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- Mood changes
- Intense feelings
- Behavior changes
- Difficulty concentrating
- Lethargy
- Unexplained weight loss
- Physical symptoms
- Reassurance seeking
- Excessive crying
- Lashing out
- Difficulty or excessive sleeping
- Avoiding social situations
- Physical harm
- Substance abuse

These behaviors disrupt daily life resulting in academic difficulties, social isolation, resistance to new activities, and extensive time spent dealing with the anxiety.



# Don't get trapped!

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- All or nothing thinking
- Over-generalizing
- Filtering in the negative
- Discounting the positive
- Jumping to conclusions
- Mind reading
- Negative fortune telling
- Broken binoculars
- Should statements
- Judging
- Labeling
- Over-estimating danger
- Catastrophizing



# What next?

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- Talk to your pediatrician
- Trust your gut
- Seek additional help if needed
- Warning about online screeners



# Treatment

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Therapy

Medication

Parent training

# Florida Resources for Childhood Anxiety

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- Psychiatry and psychology departments of universities
- Rogers Behavioral Health (Tampa)
- Rothman Center for Pediatric Neuropsychiatry (St. Petersburg)
- Hospitals (Nicklaus Children's Hospital; Johns Hopkins; more)
- Facebook (enter your city or state and your child's diagnosis)
- National Alliance on Mental Illness (NAMI)



# Final thoughts...

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- Trust your gut
- Talk to other parents
- Do your research
- [www.MomStuff.net](http://www.MomStuff.net)
- [www.HomeschoolHotlinks.com](http://www.HomeschoolHotlinks.com)

