



FLORIDA STATE UNIVERSITY

HUMAN SERVICE CENTER - FSUS LOCATION

MENTAL HEALTH INFO FOR PARENTS:

ANXIETY IN ELEMENTARY SCHOOL

How it affects your child and how you can help

What is anxiety?

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like sweating, trembling, dizziness or a rapid heartbeat.

Anxiety Stats

8% of youth have a diagnosed anxiety disorder. 80% of youth with a diagnosed anxiety disorder do not receive treatment. The median age of onset for anxiety disorders is 6 years old.

Causes

Genetics	Chemical imbalance in brain
Environment	Physical problems
Personality type	Stress

Signs & Symptoms

Feeling on-edge
Fatigue
Difficulty concentrating
Irritability



Difficulty controlling worry
Sleeping too much or too little
Muscle tension
Headaches



Negative Effects

Anxiety has been shown to impact school performance as well as social interactions. Further, childhood anxiety predicts later panic attacks, depression, separation anxiety disorder, conduct disorder, social phobia, suicidality, and physical problems such as heart disease and diabetes.

Are elementary school students especially prone to anxiety?

Young children have various sources of anxiety, such as worrying about friends, social acceptance, the future, and coping with school. Further, adolescents tend to become more worried about sexual, religious, and moral issues as they continue to develop.

What can you do?

- ✓ Seek help from a mental health professional. They can provide psychotherapy or medications. Contact the school for help finding a provider.
- ✓ Stress management techniques such as deep breathing, meditation, and exercise are helpful but should not replace standard care.

Resources

<https://www.apa.org/topics/anxiety/>

<https://childmind.org/2015-childrens-mental-health-report/>

<https://adaa.org/understanding-anxiety>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/mental-health-disorders/anxiety-and-anxiety-disorders-in-children-information-for-parents>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<https://newsinhealth.nih.gov/2016/03/understanding-anxiety-disorders>