



# Anxiety

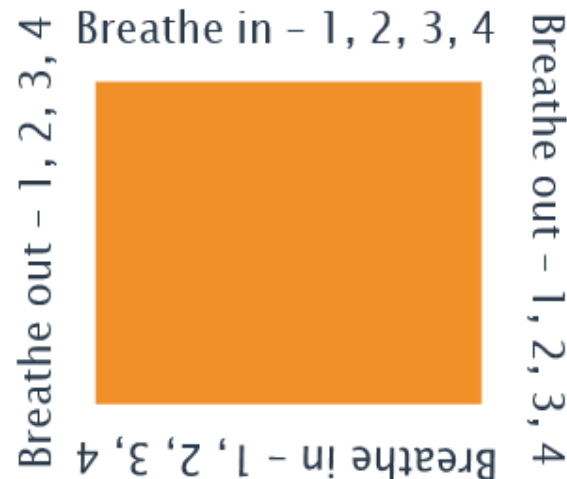


## Signs and Symptoms

- Regularly feeling overly worried, tense or nervous
- Trouble concentrating, listening to instructions or feeling irritable/agitated
- Feeling nauseous or having stomach pains, feeling dizzy or having headaches
- Sweating, shaking, short of breath, heart pounding, aching muscles
- Avoiding certain situations, people or routines that cause feelings of worry
- Disrupted sleep/eating patterns
- Reduced attendance at school or difficulties with staying in class

## Strategies

- Normalise feeling worried and avoid reassurance that 'everything will be fine.' Instead validate that for them, their worries are having an impact.
- Grounding and breathing techniques can help calm children that are feeling overwhelmed by their worries, including in a panic attack.



**5** things you can see

**4** things you can touch

**3** things you can hear

**2** things you can smell

**1** deep breath

