



## Anxiety

Anxiety is a common pediatric condition. The vast majority of kids will experience normal worry from time to time. However, if children experience fear/worry/anxiety to an extreme, it affects their day-to-day function, or it is disproportionate to the situation, it can be considered anxiety disorder.

The median age of onset for anxiety disorders is between the ages of 6 and 11 years old.

There can be many symptoms of anxiety. These symptoms include the following:

- Trouble swallowing
- Choking sensation
- Picky eating
- Chest pain
- Bowel or bladder urgency
- Frequent headaches
- Dizziness
- Trouble sleeping
- Shortness of breath
- Abdominal pain
- Weight loss
- Nausea/Vomiting
- Nervous or restless feeling

Treatment of Anxiety includes cognitive behavioral therapy that counselors use to help people change unhelpful thinking patterns and behaviors.

Listed below are resources families can use to help treat anxiety at home. Anxiety often runs in families and being familiar with home treatment is helpful for the whole family.

[10 Tips for parenting Anxious Kids](https://childmind.org/article/10-tips-for-parenting-anxious-kids/) <https://childmind.org/article/10-tips-for-parenting-anxious-kids/>

[Coping Skills for Anxiety](https://www.therapistaid.com/worksheets/coping-skills-anxiety) <https://www.therapistaid.com/worksheets/coping-skills-anxiety>

[ChildMind.org](https://www.childmind.org)

### Recommended Apps:

- Headspace Sleep and Meditation App
- Calm: Relaxation App for Sleep
- Healthy Minds Program App
- Breathe+ App for Breathing