

Mental Health Information for Parents from FSUS

ANXIETY IN ELEMENTARY SCHOOL

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

Causes

- Genetics
- Environment
- Personality type
- Chemical imbalance in brain
- Physical problems
- Stress

Common Symptoms

- Difficulty concentrating
- Difficulty controlling worry
- Feeling on-edge
- Fatigue
- Headaches
- Irritability
- Muscle tension
- Sleeping too much or too little



Facts

8% of U.S. children have a diagnosed anxiety disorder.

80% of these youth do not receive treatment.

6 is the median age of onset for anxiety disorders.

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Negative Effects

Childhood anxiety has been shown to impact school performance and social interactions and can predict later health concerns. These include panic attacks, depression, separation anxiety disorder, conduct disorder, social phobia, suicidality, and physical problems such as heart disease and diabetes.

Strategies to Help

- 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>