



ANXIETY

TIPS & RESOURCES FOR TEENS & PARENTS

What is Anxiety?

Anxiety is felt as worry or fear and is often accompanied by a combination of physical sensations, thoughts and feelings.

Teens may experience anxiety when experiencing lots of change in a short amount of time, struggles in school, family stress and going through stressful or traumatic experiences.

Everyone experiences anxiety at certain times. It can become a problem when someone feels stuck or it becomes unmanageable or distressing.



WHAT DOES ANXIETY LOOK AND FEEL LIKE?

Physical Symptoms Include

- Racing heartbeat
- Rapid breathing
- Dry Mouth
- Excessive sweating
- Tense muscles
- Getting very hot

Feelings and Behaviors

- Focused on negative thoughts
- Being nervous, panicky or frightened that it interferes with daily life, concentration, and sleep
- Impending sense of doom
- Withdrawing from social groups, family or school
- Eating more or less than usual

HOW TO HELP YOUR CHILD MANAGE ANXIETY

- Help your child identify the signs of anxiety and what is causing them to feel anxious.
 - This helps them know when to ask for help.
- Brainstorm activities that help them express themselves and reduce anxiety.
- Promote things we know help improve our mental health.
 - Physical exercise, quality sleep, eating a healthy diet and quality time with friends and family are all proven ways we can take care of our mental well-being!



WAYS TO COPE



Everyone experiences anxiety at some point. How do we overcome this feeling? We find ways to cope! Scan this QR code to see several ways to cope, including guided meditations, breathing exercises, and more!

SUPPORT AT PHS

The Student Support team at PHS is always here to support you! If you are in need of support, contact your counselor. You can find your counselor and their email on infinite campus.

