

INFORMATION FOR CAREGIVERS

ON ANXIETY



WHAT IS ANXIETY

Anxiety is what we feel when we are worried, tense, or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety can be experienced through our thoughts, feelings and physical sensations.

Anxiety is a **natural human response** when we feel that we are under threat. In certain situations, anxiety can be helpful! However for those who experience it frequently, it is tiring and intense.

When your child is experiencing anxiety, their brain is telling them they are experiencing a real threat. As adults, we know that this is a false alarm.

SIGNS AND SYMPTOMS

- uncontrollable worry
- excessive nervousness
- poor concentration
- sleep problems
- muscle tension
- increased heartrate
- digestive problems
- avoidance of fear

TREATMENTS

Treatments can include parent coaching, parent/child psychotherapy, cognitive behavioral therapy, exposure therapy, relaxation skills and more. Sometimes, medicine can also be an effective support in treating your child's anxiety!

RESOURCES

Please visit essexpediatrics.com/resources/ for links and additional resources.

Audiobooks/Books and Workbooks:

For ages 8 and under:

1. [Puppy Mind](#) by Andrew Jordan
2. [Breathe Like a Bear](#) by Kira Willey

For preteens:

1. [Outsmarting Worry \(An Older Kid's Guide to Managing Anxiety\)](#) by Dawn Huebner

For Teenagers:

1. [What To Do When You Worry Too Much](#) by Dawn Huebner
2. [The Anxiety Workbook For Teens](#) by Lisa M. Schab LCSW
3. [Anxiety Relief for Teens](#) by Regine Galanti PhD

Adults:

1. [Breaking Free of Childhood Anxiety and OCD](#) by Eli Lebowitz

Websites:

Child Mind Institute
CopingSkillsForKids.com
Anxiety Relief Canada

Videos/Podcasts

Dr. Ali Mattu <https://www.alimattu.com/videos>

Other:

Schedule a Parent Consult Clinic at Essex Pediatrics:

- A one time consultation with one of our licensed therapists. Learn strategies for parenting your child who is experiencing anxiety.
- **Balance:** Mindfulness/Meditation App

Attend the Essex Pediatrics Breaking Free of Childhood Anxiety and OCD Parenting Series, see website for the group schedule.