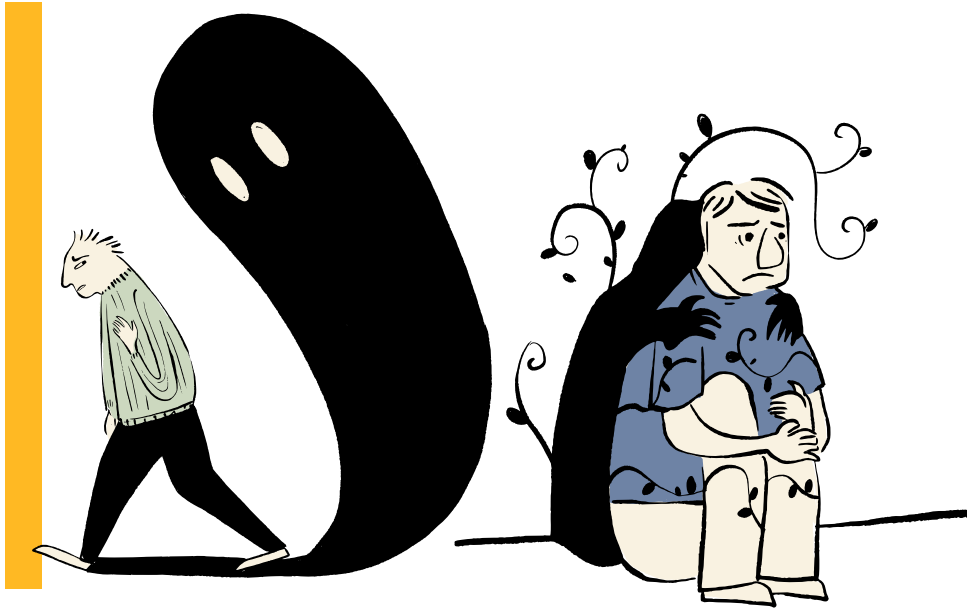


## Understanding Anxiety in Children and Adolescents



### How Anxiety May Show Up at Different Ages

In younger children:

- Frequent stomach aches or headaches
- Fear of separation or new situations
- Clinginess or sudden irritability

In adolescents:

- Excessive worry about performance or social acceptance
- Avoidance of school or activities
- Overthinking, perfectionism, or negative self-talk
- Changes in sleep, appetite, or mood
- Not all children express anxiety through words — behavior is often their language.



Dear Parents,  
As the academic year draws to a close and transitions approach — new classes, results, expectations, and changes — many children experience heightened emotions. One feeling that often goes unnoticed or misunderstood is anxiety.

Anxiety is not always loud or obvious. Sometimes it appears quietly, through worry, withdrawal, physical complaints, or self-doubt. Understanding anxiety helps us respond with empathy rather than pressure — and that makes all the difference.



#### What Is Anxiety?

Anxiety is a natural response to stress or uncertainty. A certain amount of worry is normal and even helpful — it prepares children to face challenges. However, when anxiety becomes intense, persistent, or begins to interfere with daily life, learning, sleep, or relationships, it may need attention and support.



#### What Often Triggers Anxiety?

- Academic pressure and fear of failure
- Social expectations and peer comparison
- Transitions (new class, exams, results)
- High self-expectations or perfectionism
- Overexposure to stress, screens, or negative news
- Every child experiences anxiety differently — comparison rarely helps, understanding always does.



## How Parents Can Support

### ✓ DO

- Encourage open conversations
- Acknowledge emotions before offering solutions
- Praise courage and effort
- Stay calm — your calm helps them regulate

### ✗ DON'T

- Dismiss worries as “overthinking”
- Compare with siblings or peers
- Push constant reassurance without listening
- Label children as “weak” or “too sensitive”

## When to Seek Additional Support

Consider reaching out to the school counselor or a mental-health professional if anxiety:

- Persists for several weeks
- Interferes with school, sleep, or daily functioning
- Causes frequent physical complaints
- Leads to withdrawal, panic, or extreme fear

Seeking help is not a failure — it’s a strength and a step toward well-being.



## Final Thoughts

Anxiety does not define a child — it is simply a signal that something needs care, understanding, or reassurance.

With patient support from home and school, children can learn to manage anxiety and grow into emotionally resilient individuals.