

# You and Your Child Can Learn to Manage Anxiety!

**EVEN DURING TOUGH TIMES, YOU CAN BRING ON THE CALM**

*Children have fears, worries and sadness as they grow up. This is normal. But, if those feelings are frequent, your child may have anxiety. You can learn the symptoms, and how to address them.*

## Spot the signs

Anxiety can show up in different ways, including:

- Trouble with sleep, mood swings and irritability
- Lack of focus, confidence or presence in daily situations
- Frequent headaches, upset stomach or lack of appetite
- Fear of time (or distance) away from a parent or caregiver
- Fear that something bad will happen
- Fear of dogs, people, bugs, places and objects
- Refusal to go to school

Everyone has their own sense of anxiety, and your child may feel only some of these things. What matters is that your child can share concerns with you and get help.

## Get support

Anxiety can have many causes, so let your doctor know what's going on. It's not always easy for kids to express their feelings. They may feel afraid to tell another person about concerns or issues.

The doctor may suggest your child visit with a therapist. That could open a safe place for your child to talk about their fears and worries. Plus, you and your child can get important tools and life skills.

*(continued)*



**All kids deserve access to good mental health care. It's how they'll make better sense of their world.**

Also, try these tips to help your child manage challenges.

### 10 tips to help your anxious child:

- 1 Pay attention to them
- 2 Let them know you're there to help
- 3 Don't dismiss how your child feels
- 4 Help your child take deep breaths
- 5 Try to stick to a routine, but stay flexible
- 6 Allow extra time and avoid rushing, such as before school
- 7 Prepare healthy meals and reduce the sugar they eat and drink
- 8 Make sure your child gets exercise and enough sleep
- 9 Share calm time with books, art and laughs
- 10 Try to stay calm and take care of yourself



### **It's not your fault.**

Your child's anxiety doesn't make you a bad parent. In fact, you can strengthen the bond with your child in these tough moments.

If you or someone you know is in crisis, please contact the

### **988 Suicide and Crisis Lifeline**

- Call or text 988
- Chat at [988lifeline.org](https://www.988lifeline.org)



If you or a family member is in a mental health crisis situation or feeling suicidal, call 988 or go to the nearest ER. The 988 crisis line has 24/7 access to trained counselors to help members experiencing mental health-related distress or thoughts of suicide. If you or a family member is in need of immediate medical assistance, call 911 or go to the nearest ER.

### [Health Net's Nondiscrimination Notice](#)

Sources: American Psychiatric Association, Anxiety and Depression Association of America, CDC, Mayo Clinic

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