

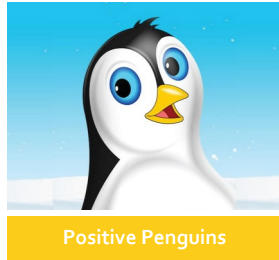
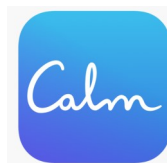


Anxiety in Children & Teens

Call us today regarding
your child's anxiety
(904) 260-2565

COMMON SYMPTOMS OF ANXIETY

- Recurring fears or worries about routine parts of everyday life
- Trouble sleeping
- Trouble concentrating
- Physical complaints like stomachache, headache or fatigue
- Refusing to go to school
- Avoidance of social situations
- Fear of leaving home
- Fear of separation from a loved one



CONTROLLING ANXIETY SYMPTOMS

- Predictable routines
- Sufficient sleep
- Nutritious food
- Low caffeine intake for teens
- Social Support
- Physical Activity
- Meditation & Mindfulness (Smiling Mind, Calm & Headspace apps for iPhone and Android)
- Mightier (emotional regulation video game)
- Positive Penguins app to teach children about their emotions
- Journaling feelings
- "Worry" jar– write down worries and throw them in a jar, read them 1-2 months later to realize that most fears are no longer a worry
- Finding enjoyable activities as a positive outlet such as drawing, listening to music, reading, writing or sports

RECOMMENDED TREATMENTS

- We may recommend a referral to child play therapy or psychology for CBT (Cognitive Behavioral Therapy) as needed for worsening symptoms that are affecting every day life

Please call us for a follow up appointment to discuss referrals if worsening anxiety symptoms arise