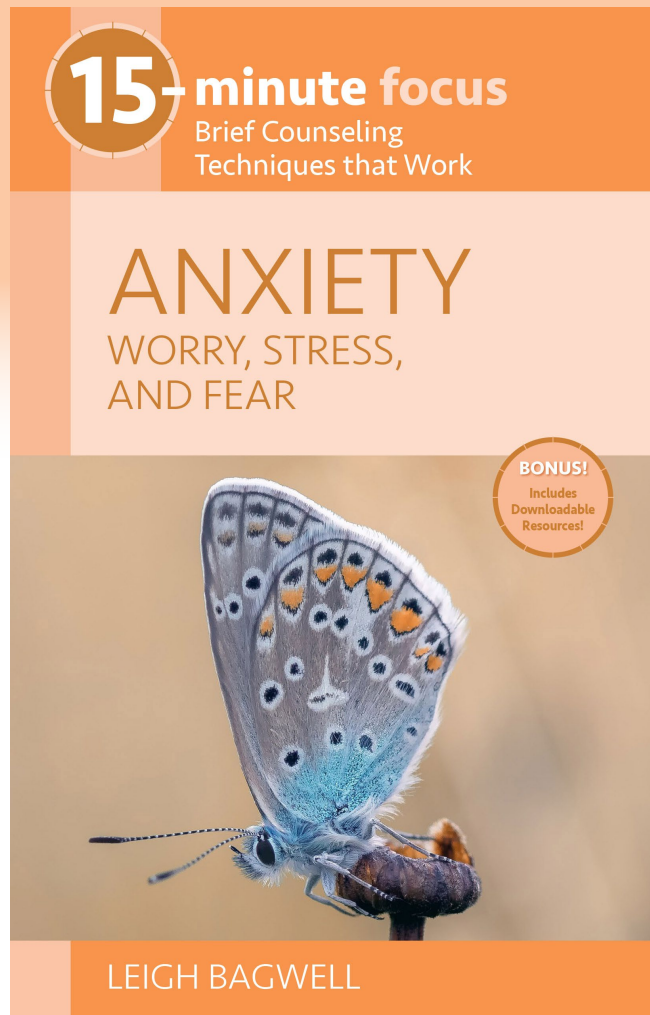


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15-Minute Focus
Anxiety: Worry, Stress, and Fear
Written by: Leigh Bagwell
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Where Can I Find More Information About How Anxiety Impacts My Students?

The mission of the **American Academy of Child and Adolescent Psychiatry** is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers.

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx

The **American Counseling Association** is the world's largest organization representing professional counselors in various practice settings.

<https://www.counseling.org/>

The **American School Counselor Association** supports school counselors' efforts to help students focus on academic, career, and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society.

<https://www.schoolcounselor.org/>

The **Anxiety and Depression Association of America** is an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

<https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-anxiety-disorder-children>

The **Center for Disease Control** (CDC) fights disease and supports communities and citizens to do the same. The CDC conducts critical research and provides health information and statistics.

<https://www.cdc.gov/childrensmentalhealth/depression.html>

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

<https://childmind.org/article/behavioral-treatment-kids-anxiety/>

KidsHealth.org/Nemours is a nonprofit children's health system with a goal to help parents, kids, and teens take charge of their health.

<https://kidshealth.org/en/parents/anxiety-disorders.html>

Mindful Schools' approach is to support the professional development and well-being of educators as the first step to fostering healthy and sustainable mindful learning environments.

<https://www.mindfulschools.org/>

Substance Abuse and Mental Health Services Administration's mission is to reduce the impact of substance abuse and mental illness on America's communities.

<https://www.samhsa.gov/>

Questions for Parents

The following questions may help a parent determine if a visit with the child's doctor or licensed mental health professional is appropriate:

- ☐ Does your child have a fear of social situations involving unfamiliar people?
- ☐ Does your child have an unexplainable fear of an object or situation, such as flying, heights, or animals?
- ☐ Does your child worry excessively about things or activities?
- ☐ Does your child experience age-appropriate social relationships with family members and other familiar people?
- ☐ Does your child often appear anxious when interacting with peers, or do they try to avoid them?
- ☐ Does your child experience shortness of breath or a racing heart for no apparent reason?
- ☐ When encountering a feared object or situation, does your child react by freezing, clinging, or having a tantrum?
- ☐ Does your child cry, have tantrums, or refuse to leave a family member or other familiar person?
- ☐ Does your child experience a significant number of nightmares, headaches, or stomachaches?
- ☐ Does your child consistently repeat things over again, such as hand washing, checking, arranging, or counting?
- ☐ Does your child have exaggerated and irrational fears of people, places, objects, or situations that interfere with his or her social and academic life?
- ☐ Does your child repetitively use toys to reenact scenes from a disturbing event?
- ☐ Has your child experienced a decline in classroom performance, refused to go to school, or avoided age-appropriate social activities?
- ☐ Does your child redo tasks because of excessive dissatisfaction with less-than-perfect performance?

Common Symptoms of Anxiety

Below are lists of common symptoms educators may see in their students.

PHYSICAL SYMPTOMS

- | | |
|---|---|
| <input type="checkbox"/> Heart beats faster | <input type="checkbox"/> Stomachache or nausea |
| <input type="checkbox"/> Muscles tense | <input type="checkbox"/> Feeling shaky or jittery |
| <input type="checkbox"/> Blood pressure rises | <input type="checkbox"/> Face gets hot |
| <input type="checkbox"/> Get headaches | <input type="checkbox"/> Hands get clammy |
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Have a dry mouth |
| <input type="checkbox"/> Become short of breath | <input type="checkbox"/> Digestive issues |

SOCIAL AND EMOTIONAL SYMPTOMS

- | | |
|--|--|
| <input type="checkbox"/> Refuse to talk | <input type="checkbox"/> Low self-esteem |
| <input type="checkbox"/> Feel afraid, worried, or nervous | <input type="checkbox"/> Lack of self-confidence |
| <input type="checkbox"/> Constant worries or concerns about family, school, friends, or activities | <input type="checkbox"/> Miss school |
| <input type="checkbox"/> Repetitive, unwanted thoughts or actions | <input type="checkbox"/> Refuse to do things |
| <input type="checkbox"/> Fears of embarrassment or making mistakes | <input type="checkbox"/> Avoid people |
| | <input type="checkbox"/> Cry or have tantrums |
| | <input type="checkbox"/> Cling to parents |
| | <input type="checkbox"/> Act scared or upset |
| | <input type="checkbox"/> Startle easily |
| | <input type="checkbox"/> Sleep poorly |

Resources for Helping Students Experiencing Anxiety

ORGANIZATIONS:

See Chapter 10.

CURRICULA:

QuaverEd curriculum resources are standards-based and supported by research to equip every member of the school community with the language and tools to improve themselves and the world around them. Quaver programs are packed with interactivity, animation, modern and traditional music, humor, and energy, making them inherently engaging for today's students.

<https://www.quavered.com/social-emotional-learning/>

The **Stress Reduction Card Deck for Teens** offers a proven-effective mindfulness-based stress reduction approach for soothing stress in a fun and interactive way.

<https://ncyi.org/product/the-stress-reduction-card-deck-for-teens/>

Anxiety Lessons for Elementary and Middle School Students will help students identify issues that bring on anxiety. They will help your students express what may be giving them anxiety with a writing activity, and then provide a coping strategy as a tool to help them deal with anxiety when it arises.

<https://www.centervention.com/anxiety-worksheets-elementary-middle-school-students/>

The Anxiety Workbook for Kids is grounded in evidence-based CBT and designed to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety.

<https://ncyi.org/product/the-anxiety-workbook-for-kids/>

The Worry Workbook for Teens targets chronic, debilitating worry with proven-effective skills to help alleviate worry symptoms and prevent them from escalating into anxiety.

<https://ncyi.org/product/the-worry-workbook-for-teens/>

BOOKS:

Wemberly Worried, Kevin Henkes (Greenwillow Books, 2010) - PreK–2

Mae's First Day of School, Kate Berube (Harry N. Abrams, 2018) - PreK–2

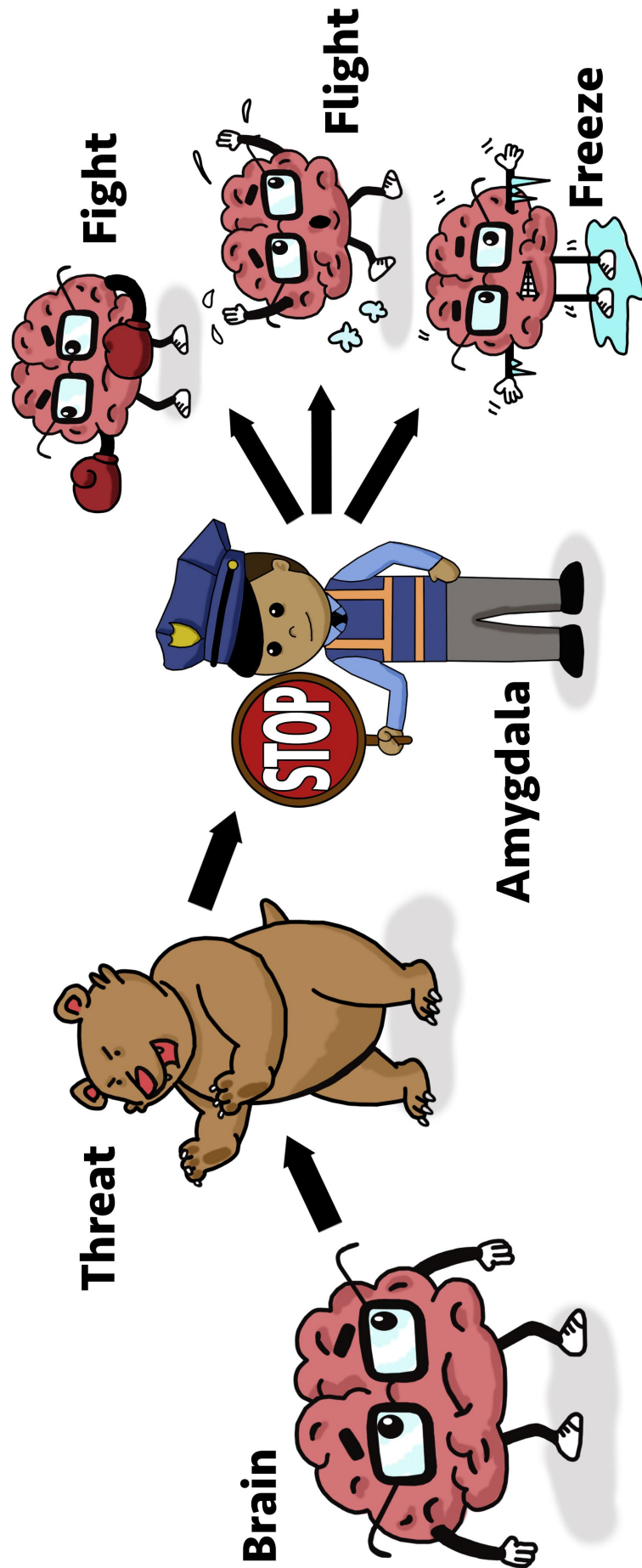
The I'm Not Scared Book, Todd Parr (Little, Brown Books for Young Readers, 2017) - PreK-2
Noni Is Nervous, Heather Hartt-Sussman (Tundra Books, 2013) - PreK-2
First Day Jitters, Julie Danneberg (Charlesbridge, 2000) - PreK-2
Is A Worry Worrying You?, Ferida Wolff and Harriet May Savitz (Tanglewood, 2005) - PreK-2
When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety, Kari Dunn Buron (AAPC Publishing, 2013) - K-3
ABC Worry Free, Noel Foy (National Center for Youth Issues, 2018) - K-5
Worry Ways What?, Allison Edwards (National Center for Youth Issues, 2018) - K-5
Wilma Jean, the Worry Machine, Julia Cook (National Center for Youth Issues, 2012) - K-5
Worries are Not Forever, Elizabeth Verdick (Free Spirit Publishing, 2018) - K-3, English-Spanish
Tyler Tames the Testing Tiger, Janet Bender (National Center for Youth Issues, 2004) - grades 2-5
Face Your Fears, Gill Hasson (Free Spirit Publishing, 2020) - K-3
Black Dog, Levi Pinfold (Templar, 2012) - grades 1-4
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety, Dawn Huebner (Magination Press, 2005) - grades 1-6
Stanley Will Probably Be Fine, Sally J. Pla (HarperCollins, 2019) - grades 3-6
Sidetracked, Diana Harmon Asher (Harry N. Abrams, 2018) - grades 4-7
What to Do When You're Scared and Worried: A Guide for Kids, James J. Crist (Free Spirit Publishing, 2004) - grades 4-7
Anxiety Sucks: A Teen Survival Guide by Natasha Daniels (CreateSpace Independent Publishing Platform, 2016) - grades 7+
The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic, Jennifer Shannon (Instant Help, 2015) - grades 7+
My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic, Michael A. Tompkins and Katherine Martinez (Magination Press, 2009) - grades 7+
Rewire Your Anxious Brain for Teens, Debra Kissen, Ashley Kendall, Michelle Lozano, Michael Ioffe (Instant Help, 2020) - grades 6-12

EXTRAS:

The Wumblers Fear/Worry DVD video series promotes respect and understanding of others. The Wumblers are sweet-natured, multi-colored characters who live in an exciting world where food falls from the sky and babies come from watermelon. Each story blends an important lesson with inspiration, imagination, and fun. Culturally and globally conscious, The Wumblers devote each and every episode to making the world a better place for all. - PreK-3
<https://ncyi.org/product/wumblers-season-1-dvd-1-fearworry/>

Counselor Keri Blog is a great resource for activities and lessons for all grade levels designed by practicing school counselors for school counselors. <https://www.counselorkeri.com/2019/09/06/help-kids-understand-what-anxiety-is/>

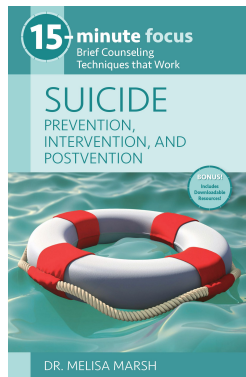
FIGHT, FLIGHT, OR FREEZE RESPONSE



15-minute focus

Brief Counseling Techniques that Work

Other titles in this series

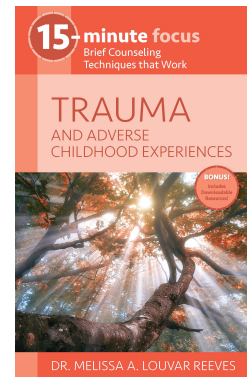


SUICIDE

Prevention, Intervention, and Postvention

Dr. Melisa Marsh

In this book, Marsh unpacks the stigma and data associated with suicide, and provides school counselors, educators, and administrators with ways to implement a suicide-safer community.

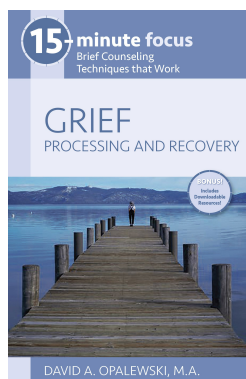


TRAUMA

and Adverse Childhood Experiences

Dr. Melissa A. Louvar Reeves

In this book, Reeves explains trauma and the overlap with anxiety, and provides understanding for behaviors associated with trauma and why they occur, along with a variety of strategies for school mental health professionals, educators, and administrators.

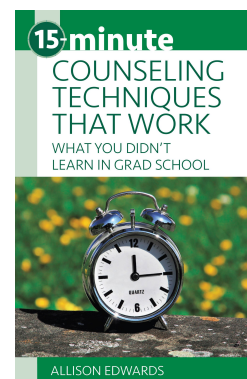


GRIEF

Processing and Recovery

David A. Opalewski, M.A.

In this book, Opalewski gives schools a guide for addressing the death of a student or staff member, including what to say and what not to say to students along with helpful communication and intervention strategies for school counselors, educators, and administrators.



15-Minute Counseling Techniques that Work

What You Didn't Learn in Grad School

Allison Edwards

Children come to us with a variety of problems, searching for answers. While these solutions may work temporarily, we really never help children until we give them tools—or techniques—to manage thoughts and feelings on their own. The techniques in this book will help children feel empowered to face everyday challenges and equipped to manage their stress and emotions.