



RECOGNIZING ANXIETY IN YOUTH

Fact Sheet

Anxiety is a common experience - everyone feels anxious from time to time. Usually, these feelings are quite adaptive and keep us safe and performing well. However, when feelings of fear and worry persist over long periods, are exaggerated, or occur in the absence of actual threat, anxiety can be considered problematic.

The Facts on Anxiety in Youth

- **1 in 4 teenagers between the ages of 13 and 18 struggles with anxiety that severely impact their daily lives**
- Anxiety disorders affect approximately 6-10% of youth. It is one of the most common mental health disorders.
- Anxiety disorders frequently originate during childhood or adolescences.



Noticing Signs and Symptoms of Anxiety

- Attendance concerns
- Separation issues
- Social issues- extreme shyness around peers
- Difficult speaking in groups or in class
- Refusal and avoidance
- Performance or test not matching ability
- Tantrums
- Reoccurring physical symptoms without medical explanations can include headaches, dizziness, sweating, body or muscle aches, nausea and upset stomach, excessive fatigue, change in diet and unexplained illness
- Withdrawing and avoidance
- Sleep disturbance