



RECOGNIZING ANXIETY IN YOUTH

Frequently Asked Questions

What behaviors might my student or youth exhibit if they are struggling with anxiety?

Youth may express their anxiety by crying or throwing tantrums, and it may be very difficult for them to calm down. Some youth may seek constant approval or reassurance from others. Youth may describe feeling physical symptoms, like headaches, stomachaches, racing heartbeat, or difficulty breathing.

How can I support a student with anxiety in my classroom?

Some ways we can assist students with anxiety or other mental health challenge in the classroom is by incorporating mindfulness/breathing techniques in the classroom, create a space where kids can express their anxiety (corner of the room with cozy chair, books, fidget toys). Include Social Emotional Learning techniques in the lesson plans.

How might the changes this school year brings might impact my students?

The dilemma teachers face this year in a virtual environment is they likely know who is struggling most with mental health challenges such as mental health challenges, poverty, and other difficulties, and yet virtually they have to treat everyone more or less equal. It is very important to focus on the emotional side of learning. This means we need to be mindful to include social emotional learning into the classroom. We want to continue to prioritize Social Emotional Learning (SEL) both in the classroom and at home. A vast majority or research suggest that students perform better academically when they're taught how to control their emotions and how to develop traits like empathy, determination, collaborative spirit and the ability to navigate conflicts.

Who might be available in my school or community to help my student or youth with their anxiety?

Most schools have a school social worker who will be available for students. Usually the school social worker focuses on helping the youth with academic related challenges.