

What to Know about Youth Anxiety

Anxiety can show in a variety of ways: physical, psychological and behavioral. An anxiety disorder differs from normal anxiety in that it is more intense, longer lasting and/or interferes with the youth's school, activities or relationships.

Symptoms of Anxiety

- Cardiovascular: pounding heart, chest pain, rapid heartbeat, flushing.
- Respiratory: hyperventilation, shortness of breath.
- Neurological: dizziness, headache, sweating, tingling, numbness.
- Gastrointestinal: choking, dry mouth, stomach pains, nausea, vomiting, diarrhea.
- Musculoskeletal: muscle aches and pains (especially neck, shoulders and back), restlessness, tremors and shaking, inability to relax.
- At home: demanding constant reassurance, avoiding school, irritability.
- At school: unexplained physical illness, fear of asking questions, tendency toward perfectionism.
- In social settings: avoids meeting new people, avoids speaking up, desires to leave events early.

How You Can Help

- Assess for Risk of Suicide or Harm: look out for panic attacks (which may look like difficult breathing, sweating, nausea, dizziness, etc.) and call for medical help if you notice any of these things.
- Listen Non-Judgmentally: ask questions, listen to answers, avoid giving unsolicited advice.
- Give Reassurance and Information: treat the youth with respect and dignity, have realistic expectations of him or her, and offer consistent emotional support or understanding.
- Encourage Self-Help and Other Support Strategies: help the youth decrease their stress level, increase their feelings of self-worth, and experience consistent home/family routines when possible.
- Encourage Appropriate Professional Help: treatments are available that can help young people with anxiety disorders to have a better life. Professionals who may be able to help include primary care physicians, psychologists, psychiatrists and mental health care providers.

4 SELF CARE TOOLS FOR LIVING WITH ANXIETY

MENTAL HEALTH FIRST AID USA



RELAXATION TRAINING

tensing and relaxing various muscle groups can help someone voluntarily relax.



EXERCISE

getting up and moving for 30 minutes a day (think walking, jogging or lifting weights) can help mitigate some symptoms of anxiety.



SELF-HELP BOOKS BASED ON CBT

books using theories of cognitive-behavioral therapy can help someone work through periods of heightened anxiety.



MEDITATION

learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present.

Did You Know?

Anxiety disorders will affect one in four youth over his or her lifetime? Anxiety disorders also are among the most prevalent in childhood and adolescence.

Who to Call

Methodist Family Health can help with outpatient counseling in your community. Call 501-661-0720 or visit MethodistFamily.org to find a clinic near you or more information about anxiety.

Methodist Family Health provides 24-hour, NO COST assessments. We accept Medicaid and most private insurances.

If you think a young person in your life is at risk of harming himself or herself, call us anytime of the day, any day of the week (including holidays).

501-803-3388

866-813-3388 toll free

If you would like to coordinate a Youth Mental Health First Aid course for your small group, church, community, school, business or organization, contact:

Amy Shores at

AShores@MethodistFamily.org



BE THE #1 TO MAKE A DIFFERENCE



source: Mental Health First Aid USA
for more info: mentalhealthfirstaid.org