

# helping my child with anxiety

Helping My Child with Anxiety: A Compassionate Guide for Parents

**helping my child with anxiety** can feel overwhelming and confusing at times. As a parent, watching your child struggle with worries, fears, or nervousness that interfere with their daily life is heart-wrenching. Whether your child experiences occasional anxious moments or persistent anxiety that impacts their school, friendships, or sleep, understanding and supporting them is crucial. The good news is that with patience, empathy, and the right strategies, you can help your child manage anxiety and build resilience for the challenges ahead.

## Recognizing Anxiety in Children

Anxiety doesn't always look the same in every child. Sometimes it's easy to dismiss a child's nervous behavior as shyness or moodiness, but anxiety often runs deeper. Knowing the signs can help you identify when your child may need extra support.

## Common Symptoms of Childhood Anxiety

Children with anxiety might exhibit a range of behaviors and physical symptoms, such as:

- Excessive worrying about school, friends, or family matters
- Avoidance of social situations or activities they once enjoyed
- Frequent stomachaches, headaches, or unexplained aches
- Difficulty sleeping, nightmares, or trouble falling asleep
- Restlessness, irritability, or difficulty concentrating
- Clinginess or fear of separation from caregivers

Understanding these symptoms helps create a supportive environment where your child feels safe to express their feelings.

## Building a Supportive Environment at Home

One of the most effective ways of helping my child with anxiety is fostering a calm and

reassuring home atmosphere. Children often mirror the emotional tone around them, so managing your own stress and modeling healthy coping mechanisms is a powerful first step.

## **Listening Without Judgment**

When your child talks about their fears or worries, listen attentively. Avoid interrupting or minimizing their feelings by saying things like “there’s nothing to be scared of.” Instead, acknowledge their emotions by saying, “I can see that you’re feeling worried, and that’s okay.” This validation helps your child feel understood and less alone in their struggles.

## **Establishing Routines and Predictability**

Children with anxiety thrive when they know what to expect. Having consistent daily routines around meals, homework, bedtime, and playtime creates a sense of security. Clear expectations reduce uncertainty, which can often trigger anxious thoughts.

## **Encouraging Open Communication**

Make it a habit to check in with your child regularly about how they’re feeling. Simple questions like “What was the best and hardest part of your day?” can open doors for honest conversations. Creating this habit early helps normalize talking about emotions and reduces stigma.

## **Practical Strategies to Help Manage Anxiety**

Beyond emotional support, practical tools can empower your child to manage their anxiety symptoms independently.

## **Teaching Relaxation Techniques**

Breathing exercises, progressive muscle relaxation, or guided imagery can be valuable tools. For example, teaching your child to take slow, deep breaths when they feel overwhelmed helps calm their nervous system. Practicing these techniques together makes them more approachable and effective.

## **Encouraging Physical Activity**

Regular exercise is a natural anxiety reliever. Activities like biking, swimming, or playing

outside release endorphins that improve mood and reduce tension. Even a short daily walk can make a difference in helping your child feel calmer and more grounded.

## **Limiting Screen Time and Overstimulation**

Too much exposure to screens, especially before bedtime, can increase anxiety and disrupt sleep. Setting healthy boundaries around technology use and encouraging quiet, screen-free activities such as reading or drawing can promote relaxation.

## **When to Seek Professional Help**

Sometimes, despite your best efforts, your child's anxiety may require additional support from mental health professionals. Knowing when to seek help is vital in ensuring your child gets the care they need.

## **Signs That Professional Support Might Be Needed**

- Anxiety is persistent and interferes with daily functioning
- Your child avoids school, friends, or activities for extended periods
- Physical symptoms like stomachaches or headaches become chronic
- Sleep disturbances worsen or your child expresses thoughts of harm or hopelessness
- You notice sudden changes in behavior or mood that concern you

Therapies such as cognitive-behavioral therapy (CBT) are proven effective for childhood anxiety. A child psychologist or counselor can work with you and your child to develop tailored coping strategies.

## **Working Together with Educators**

If anxiety affects your child's school life, collaborating with teachers, school counselors, or administrators can provide additional support. Many schools offer accommodations like extended test time, quiet spaces, or social skills groups that can ease anxiety in the academic environment.

# **Supporting Your Child's Self-Esteem and Resilience**

Helping my child with anxiety also means nurturing their confidence and teaching them that setbacks are part of growth. Encouraging small challenges and celebrating efforts rather than outcomes bolsters self-esteem.

## **Fostering Problem-Solving Skills**

Guide your child to break down overwhelming situations into manageable steps. For example, if your child is anxious about a school presentation, help them prepare by practicing together, visualizing success, and planning for possible challenges. This approach reduces the unknown and builds a sense of control.

## **Promoting Positive Self-Talk**

Children with anxiety often experience negative internal dialogue. Teaching them to replace “I can’t do this” with “I will try my best” or “It’s okay to feel nervous” can shift perspectives and reduce fear.

## **Encouraging Social Connections**

Friendships and supportive social networks are vital for emotional well-being. Facilitate opportunities for your child to connect with peers through playdates, clubs, or group activities where they feel safe and accepted.

## **Taking Care of Yourself While Helping Your Child**

Supporting a child with anxiety can be emotionally taxing. Remember that your well-being is essential not just for you but also for your child. Seeking out support groups for parents, talking to trusted friends, or even seeing a counselor yourself can provide the strength and perspective needed on this journey.

Helping my child with anxiety is not a quick fix but a continuous process that involves understanding, patience, and love. With the right tools and support, children can learn to face their fears, manage their worries, and grow into confident, resilient individuals. Every small step you take together is a meaningful one toward brighter, calmer days ahead.

# **Frequently Asked Questions**

## **What are some effective ways to help my child manage anxiety?**

Effective ways include establishing a consistent routine, encouraging open communication, teaching relaxation techniques like deep breathing, and providing reassurance and support.

## **How can I recognize if my child is experiencing anxiety?**

Common signs include excessive worry, irritability, difficulty sleeping, physical complaints like stomachaches, avoidance of certain situations, and changes in behavior or mood.

## **When should I seek professional help for my child's anxiety?**

If your child's anxiety is persistent, interferes with daily activities, causes significant distress, or doesn't improve with basic coping strategies, it is advisable to consult a mental health professional.

## **Are there specific activities that can help reduce my child's anxiety?**

Yes, activities like mindfulness exercises, physical activity, creative arts, and spending time in nature can help reduce anxiety in children.

## **How can I talk to my child about their anxiety without making them feel worse?**

Use age-appropriate language, validate their feelings, avoid minimizing their concerns, and reassure them that anxiety is common and manageable.

## **Can diet and sleep impact my child's anxiety levels?**

Yes, a balanced diet and adequate sleep are crucial for mental health. Poor nutrition and sleep deprivation can exacerbate anxiety symptoms.

## **What role does school play in my child's anxiety, and how can I support them?**

School can be a source of stress for anxious children. Communicate with teachers, create a supportive homework routine, and encourage social connections to help ease anxiety.

## Are there any books or resources you recommend for helping my child cope with anxiety?

Books like 'What to Do When You Worry Too Much' by Dawn Huebner and resources from organizations like the Anxiety and Depression Association of America (ADAA) can be helpful for both parents and children.

## Additional Resources

Helping My Child with Anxiety: A Professional Review on Effective Strategies and Insights

**helping my child with anxiety** is a challenge that many parents face, yet it remains a complex and often misunderstood issue. Childhood anxiety can manifest in various forms ranging from generalized anxiety disorder to social anxiety and specific phobias. Understanding the nuances of anxiety in children is essential for caregivers aiming to provide appropriate support and foster resilience. This article explores the multifaceted nature of childhood anxiety, examines evidence-based intervention strategies, and offers a critical look at resources available to parents and professionals alike.

## Understanding Childhood Anxiety: A Closer Look

Anxiety in children is more than just occasional worry or fear. According to the Anxiety and Depression Association of America, approximately 7% of children aged 3-17 experience anxiety disorders, making it one of the most prevalent mental health issues in youth. The signs can vary widely, from excessive shyness and reluctance to attend school, to physical symptoms such as stomachaches and headaches. Recognizing these symptoms early is crucial for timely intervention.

An important aspect of helping my child with anxiety involves differentiating between typical childhood fears and clinically significant anxiety. Developmental context plays a vital role; for instance, separation anxiety is common in toddlers but may signal a disorder if it persists beyond the expected age range or severely impacts daily functioning.

## Common Triggers and Contributing Factors

Understanding what triggers anxiety in children helps tailor effective coping mechanisms. Common contributors include:

- **Genetics and family history:** Children with relatives who have anxiety disorders are at higher risk.
- **Environmental stressors:** Family conflicts, school pressure, or traumatic events can exacerbate anxiety symptoms.

- **Temperamental traits:** Some children have a naturally cautious or inhibited temperament, making them more susceptible.

Parental responses to anxiety symptoms also influence their intensity and duration. Overprotective parenting can inadvertently reinforce anxious behaviors, while dismissive attitudes may leave children feeling unsupported.

## Strategies for Helping My Child with Anxiety

When addressing anxiety, a multifaceted approach is often necessary. Parents, educators, and healthcare providers must collaborate to create a supportive environment that empowers the child.

### Professional Interventions

Cognitive-behavioral therapy (CBT) remains the gold standard for treating childhood anxiety disorders. This evidence-based approach helps children identify and challenge irrational thoughts, develop problem-solving skills, and gradually face feared situations through exposure techniques.

Pharmacological treatment is generally reserved for severe cases or when therapy alone is insufficient. Selective serotonin reuptake inhibitors (SSRIs) have shown efficacy but must be closely monitored due to potential side effects.

### Parental Support and Home-Based Techniques

Helping my child with anxiety also involves practical strategies at home. Parents can:

- **Maintain open communication:** Encourage children to express their feelings without judgment.
- **Establish routines:** Predictability can reduce uncertainty and anxiety.
- **Model calm behavior:** Children often mirror their parents' reactions to stress.
- **Teach relaxation techniques:** Deep breathing, mindfulness, and progressive muscle relaxation can be effective tools.

Moreover, limiting exposure to anxiety-provoking media and fostering social connections play a crucial role in emotional regulation.

## The Role of Schools and Educators

Schools are a significant arena where anxiety can interfere with a child's development and academic performance. Collaborating with teachers to implement accommodations—such as extra time on tests, quiet spaces, or modified assignments—can alleviate pressure.

School counselors and psychologists can offer additional support through individual counseling or group sessions focused on social skills and anxiety management.

## Comparing Approaches: Traditional Therapy vs. Alternative Methods

While CBT and medication have robust support, some parents explore alternative or complementary approaches. These include:

- **Play therapy:** Useful for younger children who may struggle with verbal expression.
- **Art and music therapy:** Creative outlets can help children process emotions non-verbally.
- **Mindfulness and yoga:** Increasingly popular for promoting relaxation and emotional balance.
- **Diet and exercise:** Emerging research suggests a healthy lifestyle can influence anxiety levels, although it is not a standalone treatment.

While these methods can be beneficial adjuncts, they should not replace evidence-based treatments, especially in moderate to severe cases. Parents must carefully evaluate the credentials of practitioners and the scientific validity of alternative therapies.

## Challenges in Helping My Child with Anxiety

Despite best efforts, several challenges complicate anxiety management in children:

- **Stigma:** Fear of judgment may prevent families from seeking help.
- **Access to care:** Mental health services can be costly or unavailable in certain regions.
- **Misdiagnosis:** Anxiety symptoms can overlap with other disorders, making accurate diagnosis difficult.



- **Consistency:** Therapy requires commitment from both the child and caregivers, which can be disrupted by busy schedules or lack of motivation.

Addressing these barriers requires systemic changes, increased public awareness, and supportive policies.

## Monitoring Progress and Adjusting Interventions

Helping my child with anxiety is an ongoing process that demands regular evaluation. Tracking symptom changes, academic performance, and social engagement provides insight into intervention effectiveness. Tools such as anxiety rating scales and behavioral checklists can aid in monitoring.

Flexibility is key; as children grow and circumstances evolve, their needs may shift. Collaborating with mental health professionals to adjust treatment plans ensures continued relevance and efficacy.

The journey to support a child with anxiety is multifaceted and often non-linear. Combining professional guidance, informed parental involvement, and supportive educational environments lays a foundation for the child's long-term emotional well-being and resilience.

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cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

**helping my child with anxiety: Helping Your Child with Worry and Anxiety** Ann Cox, 2021-07-22 Are you worried about your child's mental health? Is your child or teenager showing worrying signs or symptoms? Are you waiting for a CAMHS referral, or professional treatment for your child? *Helping Your Child with Worry and Anxiety* is written by a team of mental health care professionals who have decades of experience working with children and young people. If your child is showing signs of anxiety or any related mental health condition, if you're thinking about consulting a professional or even on the waiting list to see one, this book will have plenty of practical strategies to support both them and you. It covers everything from spotting symptoms to managing things at home - and how/when to seek further help if you think it might be necessary. It offers advice and insight into almost every possible anxiety-related condition your child might experience, including: \* Worry \* Fears and phobias \* Worries about eating and eating disorders \* Anxiety and self-harm \* Separation and social anxiety \* Obsessive/compulsive behaviours There are plenty of suggestions for how to help manage your own physical and mental health during challenging times, too. Most importantly, you can feel confident and safe as you support your child, as the advice in this book comes directly from experts with a speciality in each area, who have first-hand experience of working with children and young people in the healthcare system.

**helping my child with anxiety: Parent-Led CBT for Child Anxiety** Cathy Creswell, Monika Parkinson, Kerstin Thirlwall, Lucy Willetts, 2016-10-02 Parents can play a strong role in helping their children overcome anxiety disorders--given the right tools. This innovative, research-based book shows clinicians how to teach parents cognitive-behavioral therapy (CBT) techniques to use with their 5- to 12-year-old. Session-by-session guidelines are provided for giving parents the skills to promote children's flexible thinking and independent problem solving, help them face specific fears, and tackle accompanying difficulties, such as sleep problems and school refusal. User-friendly features include illustrative case studies, sample scripts, advice on combining face-to-face sessions with telephone support, and pointers for overcoming roadblocks. Several parent handouts can be downloaded and printed in a convenient 8 1/2 x 11 size.

**helping my child with anxiety: Help! My Child's Anxiety is Giving Me Anxiety** Saskia Joss, 2025-04-24 'Finally, a book that gives straightforward guidance to parents in need' Mylene Klass 'Full of practical tools to make the entire household happier!' Dr Philippa Kaye The opposite of anxiety is not CALM. The opposite of anxiety is SAFETY. This book is full of practical, adaptable and easy to implement strategies for parents to help children of all ages and stages conquer their anxiety, by making them feeling safe and connected again. Parenting an anxious child makes parents anxious. When your child feels anxiety, panic, worry or sadness, it can make you feel anxious, panicked, worried or sad too. If you are fearful or overwhelmed, it can be difficult to support your child, even though all you want to do is make them feel better. Parents will learn what is going on in their child's brain and body when anxiety strikes, and also - crucially - what they can do to help. This book is full of practical advice and delivers clear spoken scripts for parents to follow when supporting and reassuring their anxious child. It also sets out hundreds of practical dynamic strategies to restore the child's happiness and security, all based on real-life examples that have arisen from personal therapeutic casework with hundreds of children. This book offers advice, reassurance and a helping hand, with a wide range of solutions and strategies, as well as issues covered - everything from separation anxiety to issues at school, phobias and so much more. *Help! My Child's Anxiety is Giving Me Anxiety* is designed to fit each family's specific requirements, replenish confidence and put the positivity and pleasure back into parenting.

**helping my child with anxiety: Helping Your Child Overcome Separation Anxiety Or School Refusal** Andrew R. Eisen, Linda B. Engler, Joshua D. Sparrow, 2006 Provides a guide on how to identify when your child's separation anxiety or school refusal is more than just a phase and offers effective tools to manage your child's anxiety.

**helping my child with anxiety:** *Helping Your Child with Fears and Worries 2nd Edition* Cathy Creswell, Lucy Willetts, 2019-04-11 PREVIOUSLY PUBLISHED AS OVERCOMING YOUR CHILD'S FEARS AND WORRIES Does your child suffer from fears and worries that affect their behaviour or keep them awake at night? Fears and worries are very common among children with around 15% thought to suffer from anxiety disorders; the most commonly identified emotional or behavioural problems among children. However, if left unchecked, they can cause more serious problems such as school avoidance, difficulties in making friends and long-term problems with anxiety and depression. Written by two of the UK's foremost experts on childhood anxiety, this extremely useful guide will enable you to understand what is causing your child's worries and to carry out step-by-step practical strategies to help him or her to overcome them, including: · Addressing specific fears and phobias as well as general anxiety and 'worrying' · Using case studies, worksheets and charts *Helping Your Child* is a series for parents and caregivers to support children through developmental difficulties, both psychological and physical. Each guide uses clinically-proven techniques. Series editors: Professor Peter Cooper and Dr Polly Waite

**helping my child with anxiety:** *Helping Your Anxious Child* David Lewis, 2012-05-31 Is anxiety making your child's life a misery - causing problems at school, difficulties in making friends or facing new experiences, even affecting their physical health? Anxiety is a curse that can cast a damning spell over your child's life. But there is a solution. Chronic anxiety is a serious problem which may be general, or a specific anxiety about taking exams or doing sums, or a phobia about anything from trains or spiders to eating in public or going to the toilet. It can be treated successfully, and David Lewis offers practical and effective advice to parents of anxious children. By applying this straightforward advice and by being positive, patient and persistent you can banish anxiety and transform your child into a happy, confident person.

**helping my child with anxiety: Helping Your Anxious Child** Ronald Rapee, Ann Wignall, Susan Spence, Vanessa Cobham, Heidi Lyneham, 2022-11-01 This fully revised and updated third edition of the classic self-help guide for parents offers readers cutting-edge, proven-effective strategies—including cognitive behavioral therapy (CBT), exposure therapy, and mindfulness and relaxation techniques—for helping their child overcome anxiety and thrive. This new edition also includes information on helping young children and adolescents; as well as children with behavioral problems, learning difficulties, or medical conditions.

**helping my child with anxiety: Helping Your Anxious Child** Julie Lowe, 2018-09-10 When your child is anxious, it's easy to get anxious too. You want to help your child regain a sense of peace and safety, but how can you? This world is big and scary and sometimes our worries get big too. Julie Lowe, a skilled family counselor with more than twenty years of experience, guides parents in assessing their child's anxiety ...

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as early as toddlerhood, including how to model positive approaches to anxiety And more! Anxiety in children is manageable—the most important thing is to get started right away so your child doesn't miss out on relationships, activities, and all the things that make being a kid fun! Parenting Anxious Kids is the perfect resource to help your child become their best self and learn how to manage anything life throws their way.

**helping my child with anxiety: Anxiety Relief for Kids** Bridget Flynn Walker, 2017-11-01 Parents of children with anxiety need quick, in-the-moment solutions they can easily use every day to help their child. AnxietyRelief for Kids is the first and only easy-to-use guide for parents that utilizes proven-effective cognitive behavioral therapy (CBT) and exposure therapy, allowing parents to plan effective, short-term interventions with their kids at home, in social settings, or anywhere that anxiety and avoidance occur.

**helping my child with anxiety: Helping Your Child with PDA Live a Happier Life** Alice Running, 2021-09-21 Drawing on the author's personal experience of parenting a child with PDA, this insightful and informative guide offers strategies and tips for all aspects of daily life, including sensory issues, education and negotiation. Full of advice and support, this book is not intended to provide information on how to change your children. Rather, it is focused on creating the type of environment that will allow children to be authentically themselves, thereby enabling them to flourish and thrive.

**helping my child with anxiety: Help for Worried Kids** Cynthia G. Last, 2005-11-11 If your son begs to stay home from school to avoid speaking in front of the class, should you be worried? If your daughter insists on crossing the street whenever she sees a dog, what should you do? A simple evaluation devised by renowned psychologist Dr. Cynthia G. Last can help you determine if you have reason to be concerned. If so, you can use Dr. Last's checklists and examples to figure out the type and severity of your child's anxiety, identify contributing factors, and tackle the problem head on. Strategies tailored for different kinds of anxiety will guide you in preventing new episodes, calming your child when a problem arises, and keeping anxieties in check as your son or daughter matures. Dr. Last delivers powerful advice and insightful information gleaned from 25 years of experience working with worried kids and their families, including coping and relaxation skills your child can use to reduce stress and worry, and tips for encouraging kids to approach--not avoid--their fears. Whether your son or daughter can't go on sleepovers, gets nervous around peers, or just plain worries about "everything," this reassuring and compassionate book will teach you how to soothe your child's immediate fears and instill lasting confidence.

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**helping my child with anxiety: *Overcoming Your Child's Shyness and Social Anxiety*** Lucy Willetts, Cathy Creswell, 2012-11-01 Many children are naturally shy but extreme shyness and social anxiety can become a major childhood problem, leading to avoidance of school, difficulty in making friends and even developing into social anxiety in adulthood. In *Overcoming Your Child's Shyness and Social Anxiety*, child psychologists Lucy Willetts and Cathy Creswell explain how parents can help a shy child learn to challenge their thoughts and behaviour patterns and learn to participate confidently in every aspect of their lives. Based on clinically proven cognitive behavioural principles, the book explains what causes shyness, how to identify social anxiety in your child (sometimes masked by anger or stubbornness) and how to gradually help your child face their anxieties and develop problem-solving strategies. This book is a must for parents, teachers and anyone working with children.

**helping my child with anxiety: Help! My child is atypical** Christien Neser, 2020-10-05 To

raise a typical toddler is no joke. So what do you do when your child happens to be 'different'? What if he's hyperactive and can't pay attention? What if you suspect that she might be autistic? What can be done about low muscle tone and poor pencil grip? What if his language development is not on par, or he lisps or stutters? And what if she doesn't have learning difficulties, but suffers from anxiety? In *Help! My Child is Atypical* a team of experts answer these and many other questions that parents struggle with daily. Is therapy really essential or is it just a money-making scheme? And where do you begin when you suspect something's amiss? In 30 gripping case studies, parents and therapists relate their true stories of determination and hope. Psychologists, speech therapists, audiologists, occupational therapists, physiotherapists, play therapists and other medical practitioners share their knowledge, experience and secrets. *Help! My Child is Atypical* is a practical guide that equips you with the tools needed to make you and your child a champion team!

**helping my child with anxiety:** *Raising Worry-Free Girls* Sissy Goff, 2019-09-17 You Can Help Your Daughter Overcome Anxiety and Worry It's surprising to find a girl who doesn't struggle with anxiety and worry--either in short episodes or for longer periods. For a variety of reasons, childhood anxiety rates are soaring, especially among girls. Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome fears and live more courageously. In this immensely practical book, veteran counselor Sissy Goff shares how you can instill bravery and strength in your daughter. Addressing common age-specific issues, Goff gives you the tools to help you and your child ● understand why her brain is often working against her when she starts to worry ● learn how she can fight back by helping her body, mind, and heart ● find the anchoring truth of God's strong, safe love for her and the confidence she needs to thrive

**helping my child with anxiety:** 10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum Michelle Garnett, Dr Anthony Attwood, Louise Ford, Julia Cook, Stefanie Runham, 2020-05-21 Recognising, expressing and understanding emotions helps young children make sense of their life experiences. Children diagnosed with autism can have significant difficulties with recognising and processing emotions which can lead to high levels of anxiety as they struggle to make sense of the unpredictable world around them. The 'Fun with Feelings' programme is designed to help parents support their children with emotional regulation and to decrease anxiety. This guide is structured around 10 stages. The initial four stages prepare parents to implement the programme with their child. These stages help parents understand the causes of anxiety and provide practical strategies for creating a toolbox to reduce anxiety. The final six stages are used in conjunction with *Having Fun with Feelings on the Autism Spectrum: A CBT Activity Book for Kids Age 4-8*, allowing parents to support their child while working through the activity book. Written by world-leading experts in the field, *10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum* provides the steppingstones for parents of young children with autism to better understand their child's emotional skill set and empower them to understand and articulate their feelings.

**helping my child with anxiety:** *Anxiety* Kate Frommer Cik, 2020-06-10 Anxiety is something that millions of people struggle with on a daily basis, and teenagers are no exception. By some estimates, nearly one in three teenagers have a diagnosable anxiety disorder. Yet many people feel isolated and alone with their experience of anxiety; it can feel like a subject that is off-limits and is often overlooked by parents and friends until it has reached a crisis level. In *Anxiety: The Ultimate Teen Guide*, Kate Frommer Cik provides valuable information for young adults who are struggling with anxiety, whether it is mild or severe. Cik explores what anxiety is and why we have it, and explains the different types of anxieties, anxiety triggers, coping strategies, and possible paths of treatment. The many personal stories from teenagers shared in this book show that anxiety is not something you have to go through alone, while also revealing how varied anxiety can be from one individual to the next. Their insight into what worked for them delivers helpful firsthand accounts of how relief from anxiety is possible. Drawing upon up-to-date research and interviews, *Anxiety: The Ultimate Teen Guide* will help young adults better understand why they suffer from anxiety and what they can do to successfully treat it, making this a valuable resource for teens, their family, and friends.

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