

Mood Changes 🙄

Excessive crying or irritation in younger children, excessive worry or sadness



Reassurance-seeking

Children may repeatedly ask questions like "Are we going to be okay? Is grandpa going to be okay?"

Regression

May return to behaviors outgrown like bed-wetting or toileting accidents



Eating habits

May not want to eat or may only want to eat unhealthy food



Sleep

Not being able to sleep or sleeping more than normal

Mental difficulty

Difficulty concentrating or staying focused on a topic



Physical symptoms



Stomach aches, headaches, unexplained aches or pain

Avoidance



Avoiding school work or chores, may even avoid activities they once found enjoyable

Signs of Possible Anxiety in Children

During this uncertain time, children may exhibit signs of anxiety because of the unknown or worries about how it will affect them and the people they love. Here are some things to look for.