



Always Innovating

**South
Texas ISD**

RIO GRANDE VALLEY | GRADES 7-12

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.

Defined by: The American Psychological Association

What are the signs:

- restlessness, and a feeling of being “on-edge”
- uncontrollable feelings of worry
- increased irritability
- concentration difficulties
- sleep difficulties, such as problems in falling or staying asleep

For more information contact your school counseling center

Tips and strategies for families

- Practice media distancing (Limit watching and reading news)
- Limit checking statistics
- Shut off devices 60 minutes before bedtime
- Set time limits for all electronic uses (e.g. No electronics between 11 pm and 6 am)
- Have age appropriate conversations (Provide factual information over alarming, emotional or exaggerated information)
- Know it's okay not to be perfect
It's okay to be good enough
- Set reasonable expectations for self and others
- Find new creative things to do (Write a letter to someone special, send a postcard to someone you haven't seen in a while, Zoom/Skype with others)
- Stay active (e.g. Exercise 20 min 3-4 days a week)
- Eat healthy and get good sleep

Adaa.org