

Treatment

Several scientifically proven and effective treatment options are available for children with anxiety disorders. The two treatments that mostly help children overcome an anxiety disorder are cognitive-behavioral therapy (CBT) and/or medication.

CBT

This is a type of talk therapy that has been scientifically shown to be effective in treating anxiety disorders. CBT teaches skills and techniques to your child that she/he can use to reduce their anxiety. They will learn to identify and replace negative thinking patterns and behaviors with positive ones.

“Our anxiety does not come from thinking about the future, but from wanting to control it.”

ANXIETY

What is it & What can I do?



Which Is It?

Everyday Anxiety

Anxiety Disorder

Worry about paying bills, landing a job, a romantic breakup, or other important life events

Constant and unsubstantiated worry that causes significant distress and interferes with daily life

Embarrassment or self-consciousness in an uncomfortable or awkward social situation

Avoiding social situations for fear of being judged, embarrassed, or humiliated

A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event

Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one

Realistic fear of a dangerous object, place, or situation

Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger

Anxiety, sadness, or difficulty sleeping immediately after a traumatic event

Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

Medication

Prescription medications can be effective in the treatment of anxiety disorders. They are often used in conjunction with therapy. Medication can be short or long-term treatment option, depending on how severe your symptoms are and how you respond to treatment. Updated information about medications is available at the ADAA website at www.adaa.org and at the FDA website at www.fda.gov.



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What is Anxiety?

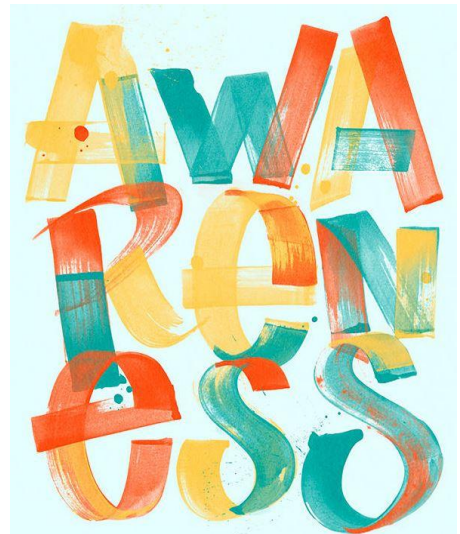
It is a mental and physical reaction to perceived threats. In small doses, anxiety is helpful. It protects us from danger, and focuses our attention on problems. But when anxiety is too severe, or occurs too frequently, it can become debilitating. They are characterized by persistent, irrational, and overwhelming worry, fear, and anxiety that interfere with daily activities.

Symptoms of Anxiety

- Uncontrollable worry
- Poor concentration
- Excessive nervousness
- Increased heart rate
- Sleep problems
- Upset stomach
- Muscle tension
- Avoidance of fear

What can you do at home to help your child manage his/her anxieties....

- Pay attention to your child's feelings
- Stay calm when your child becomes anxious about a situation or event
- Recognize and praise small accomplishments
- Don't punish mistakes or lack of progress
- Be flexible, but try to maintain a normal routine
- Modify expectations during stressful periods
- Plan for transitions (ex./ allow extra time in the morning if getting to school is difficult.)

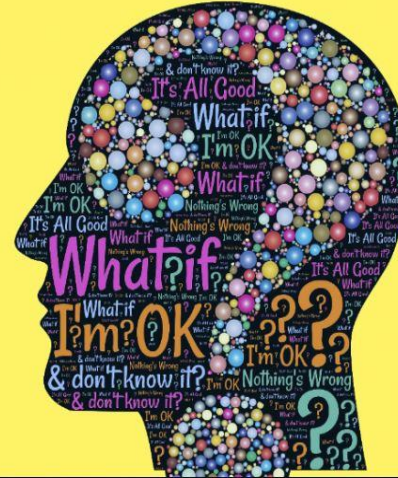


Types of Anxiety

Generalized: An excessive amount of anxiety or worry in several areas of life, such as job responsibilities, health, finances, or minor concerns

Specific or Social Phobias: Very intense fear of a specific situation, object, social, or performance. Ex: fear of giving speeches, sitting alone in cafeteria, fear of a dog

Panic: An extreme anxious response where a person experiences a panic attack. During a panic attack the individual experiences numerous physical symptoms



"It's okay not to be okay"



Anxiety Disorders are common, treatable medical conditions that affect one in eight children.

SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

