

May 2018

# West Niagara Psychology Centre

[www.westniagarapsychology.ca](http://www.westniagarapsychology.ca)

## ANXIETY IN CHILDREN

All children occasionally feel anxiety or worry. Anxiety becomes a problem when children feel excessively, unreasonably, and persistently anxious and it interferes with social activities, school performance, or sleep. Anxiety disorders are among the most prevalent psychiatric conditions in children and adolescents. Almost 1 in 10 youth will suffer from one or more anxiety disorders before the age of 16 and can typically follow a chronic course, even into adulthood. Anxiety can take many forms and has been differentiated into several different disorders, including Separation Anxiety Disorder, Selective Mutism, Specific Phobias, Social Anxiety Disorder, Panic Disorder, and Generalized Anxiety Disorder. One of the ways to differentiate between each disorder is to examine the types of situations that are feared or avoided and the content of the associated thoughts or beliefs. Although each disorder presents differently, some common signs to watch for that may indicate your child is experiencing significant levels of anxiety include: excessive worry most days of the week, inability to control their fears, worries, or thoughts, difficulty sleeping at night or sleepiness during the day, poor concentration, irritability, restlessness, muscle tension, or avoidance behaviours. Fortunately, there are effective treatment options for children and adolescents experiencing anxiety, including Cognitive Behavioural Therapy (CBT) and pharmacological treatments. CBT is based on the idea that how we think and act both affect how we feel. By changing thinking that may be distorted, and behaviour that is dysfunctional, we can change our emotions and our outcomes. One of the strategies often used in treatment involves helping parents and children get some distance from the anxiety and to begin thinking of it as a thing that is separate from who they are. One way to accomplish this is by having children conceptualize it as a "bully in the brain" or a "worry bug". Children are encouraged to give the bully or bug a name and talk back to it! Learn about this and more in Worry Warriors at WNPC.

## Quote of the Month

Worrying does not take away tomorrow's troubles, it takes away today's peace.

## BOOKS

"Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias" by Tamar Chansky

"Anxiety Free Kids: An Interactive Guide for Parents and Children" by Bonnie Zucker

"Helping Your Anxious Child: A Step-by-Step Guide for Parents" by Ronald Rapee and Ann Wignall

"Keys to Parenting Your Anxious Child" by K. Manassis

## WHAT'S NEW IN GROUP?

Worry Warriors for children ages 7-10 years started May 8<sup>th</sup>, 2017. Visit [www.westniagarapsychology.ca](http://www.westniagarapsychology.ca) to learn more. Call now to express your interest or to reserve your spot. Space is limited.

**HELPFUL APPS: Headspace, Mindshift, Calm, Breathe, Worrybox, Bellybio**