



# ANXIETY

## WHAT IS ANXIETY?

Anxiety is intense feelings of being afraid, nervous, tense or worried that are too strong for the situation, go on too long and get in the way of normal life.

Anxiety is very common... as many as 30% of youth experience elevated anxiety.



Excerpt from TRAILStoWellness.org

## SIGNS AND SYMPTOMS / WHEN TO SEEK HELP

- Hyper-vigilance
- Irritability
- Difficulty concentrating
- Heart palpitations
- Nausea, stomach issues
- Thinking danger is everywhere, even when it is not
- Frequent, excessive worry about bad things happening
- Avoiding situations, people or things
- Repetitive rituals, seeking reassurance
- Outbursts when faced with new situations, separation
- Addiction issues





- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (2005), *Dawn Huebner*
- Wilma Jean the Worry Machine (2021), *Julia Cook*
- The Self-Regulation Workbook for Kids (2021), *Jenna Berman*
- Anxious kids, anxious parents (2013), *Lynn Lyons & Reid Wilson*
- Playing with anxiety (2019), *Lynn Lyons*
- The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (2009), *L. Shapiro & R. Sprague*
- The Empathic Parent's Guide to Raising an Anxious Child: How to Help Your Kids Overcome Shyness, Worry, Separation and Social Anxiety (2020), *F. Meighan*
- Helping Your Anxious Child: A Step-by-Step Guide for Parents (2008), *R. Rapee*
- Anxious Ninja: A Children's Book About Managing Anxiety and Difficult Emotions (2020), *Mary Nhin*

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/anxiety-in-children>

<https://muhc.ca/mental-health/page/anxiety-program-6>

<https://cmha.ca/documents/children-youth-and-anxiety>

<https://www.anxietycanada.com/>

<https://copingskillsforkids.com/calming-anxiety>

[https://www.copingcatparents.com/Resources\\_for\\_Kids](https://www.copingcatparents.com/Resources_for_Kids)

<http://www.worrywisekids.org/>

<https://mindyourmind.ca/>

[https://bibliosante.ca/fr/information\\_sante/sante-mentale](https://bibliosante.ca/fr/information_sante/sante-mentale)



✚ **8-1-1:** Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

✚ **Tel-Jeunes:** Support for youth under 20 yrs. old, 24/7, free call 1-800-263-2266, text 514-600-1002, online chat/email: <https://www.teljeunes.com/Tel-jeunes>

✚ **Kids Help Phone / Jeunesse J'écoute:** 24/7 - Free call: 1-800-668-6868 <https://kidshelpphone.ca/>

✚ **Suicide Action Montréal:** 24/7 - Free call: 1-866-277-3553 <https://suicideactionmontreal.org/>

✚ **West Island Crisis Center:** 24/7- Tel: 514-684-6160 <https://centredecriseoi.com/>

✚ **Friends for Mental Health:** Support for caregivers, Tel: 514-636-6885 <https://info@asmfmh.org>

