

# ANXIETY RESOURCES

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## *Facts about Anxiety:*

“10-15% of American children meet the diagnostic criteria for an anxiety disorder, making it the most common class of pediatric emotional disorder” –*The Worried Child* by Paul Foxman

In schools, students with high anxiety may experience low motivation, declining grades, and social problems. Children with high anxiety may have problems with concentration, memory impairment, fatigue, physical symptoms and difficulty relaxing. High levels of stress and anxiety also has a great impact on general health. If untreated, anxiety can take a life of its' own. Like any behavior, the earlier it is addressed, the easier it is to make changes that will reduce the anxiety. If you notice an excessive amount of anxiety in your child, please check the resources below for more information.

What causes anxiety? There are many experiences that are at the root of any one child's experience with anxiety. Here are a few causes:

- **Personality Style** (*thought patterns, perfectionism*)
  - **Family Experiences** (*Divorce, child abuse, performance pressure, negative expression of feelings, OR suppression of feelings, drug or alcohol abuse, parents with high anxiety*).
  - **Society** (*natural disasters, terrorism & war, threats to safety*)
  - **Schools** (*grades, perfectionism, lack of social skills, bullying*)
  - **Media** (*violence on television, video games, internet*)
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## Books for Children:

*Note: Please preview all books before allowing your child to read them to make sure they are appropriate for your child.*

*Upper Elementary Students*

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**The Feelings Book: The Care & Keeping of Your Emotions (American Girl)**  
by Norm Bendell (Illustrator), Lynda Madison (Author)

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**What to Do When You're Scared and Worried: A Guide for Kids**  
by James J. Crist

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**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids)**  
by Dawn Huebner

## Relaxation CD's

*Note: Amazon.com has more relaxation CD's. Type in "Children relaxation" under music.*

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[www.childanxiety.net](http://www.childanxiety.net)

**I Can Relax CD A Relaxation CD for Children [CD]**  
Dr. Donna Pincus

## Parent Books:

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**The Worried Child: Recognizing Anxiety in Children and Helping Them Heal**  
by Ph.D. Paul Foxman

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**Helping Your Anxious Child: A Step-By-Step Guide for Parents**  
by Sue Spence

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**Freeing Your Child from Anxiety:**  
Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias  
by Tamar E. Chansky

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**The Anxiety Cure for Kids: A Guide for Parents**  
by Elizabeth DuPont Spencer, Robert L. DuPont, Caroline M. DuPont

## Websites:

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[www.childanxiety.net](http://www.childanxiety.net)

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[www.helpanxietynow.com](http://www.helpanxietynow.com)

*The Lifeskills for children is a serious that helps educate and teach children about healthy ways to deal with anxiety.*

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**Mrs. Moriah Ice**  
*Elementary School Counselor*  
[mice@highlandschools.org](mailto:mice@highlandschools.org)