

Anxiety – What are the signs?

Young people with Anxiety problems have ‘anxiety thermostats’ that are over-sensitive and ‘out of sync’ with the reality of the threat presented or remain on all the time’

– Carol Fitzpatrick, Helping Young People Manage Anxiety



In anxiety, the main feelings are of insecurity or fear.

As well as unpleasant feelings, anxiety can affect children in many other ways such as:

- Hyperventilating, rapid heart rate, dizziness, trembling, nausea, stomach aches, headache, bed wetting , difficulty with sleeping, nightmares, tics.
- difficulty with concentration.

- Difficulty with making decisions.
- Becoming confused.
- Going blank.
- Distractibility.
- Obsessively hard working.
- Perceive work is not good enough.
- Trying to fade into the background (too quiet).
- Difficulty making and keeping friends.
- Physical or verbal aggression.

**They frequently feel
like
they are ‘Going
Mad’**

