



SIGNS OF ANXIETY

IN CHILDREN AND TEENS

VISIBLE SIGNS OF ANXIETY

LESS OBVIOUS SIGNS OF ANXIETY

Physical distress (shaking, crying, hyperventilating, screaming)

Unexplained and sudden anger, moodiness, irritability

Escaping, fleeing

Avoidance behaviour

Outright statements of anxiety ("I'm scared the rain will flood our house when we sleep.")

Reassurance-seeking behaviour

Questions expressing fears ("What if you get into a car accident when you go out?")

Extreme shyness, sensitivity

Refusal to be alone or without parent

Argumentative behaviour

Refusal to engage in activities that cause distress

Indecision, over cautious behaviour

Extreme distress upon contact with feared object (Dog, bird, weather)

Refusal to sleep alone or go on sleepovers

Physical Symptoms (upset stomach, dizzy, headache)

Complaints of physical illness

School refusal

Easily being distracted

Restlessness, trouble falling asleep, sleepiness during the day

Slowness (relative to other children of the same age)

Trouble concentrating

procrastination

Physical aggression

Threats of suicide to avoid anxiety-producing situations

Biting inside of cheeks or teeth grinding

Excessive sweating

Nightmares