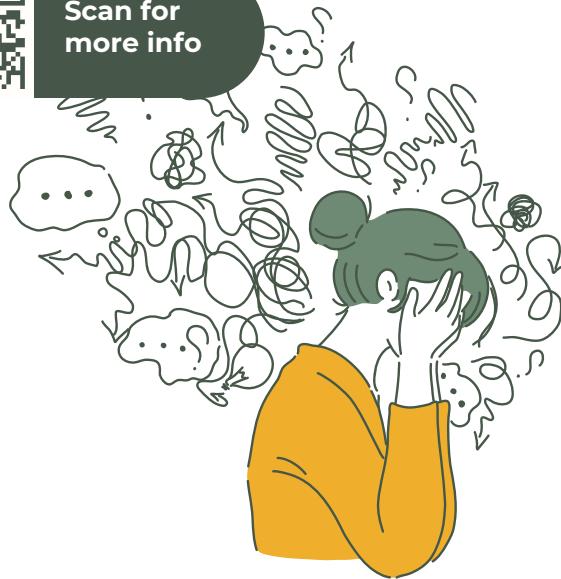




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# YOUTH AND ANXIETY

**Anxiety in children can be defined as an excessive and persistent worry that impedes on the child's daily life and functioning.**

## Types of anxieties

- Generalized Anxiety Disorder
- Separation Anxiety (seen in young children)
- Phobias
- Obsessive Compulsive Disorder
- Social Anxiety
- Post Traumatic Stress Disorder

## Treatments

May Include a combination of:

- Individual Psychotherapy
- Family Therapy
- Medications
- Behavioral Treatments
- School Consultation

## Signs & Symptoms

- Feeling nervous, restless, or tense
- Having a sense of impending danger, panic, or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

