

September Anxiety



2022

Dear Families,

School is underway and it is a busy time for you and your child. Along with all the excitement there could be concerns such as the wellbeing of your child's mental health. Anxiety is a common concern especially when we are feeling overwhelmed about new routines.

Here are some resources that offer insight on warning signs of anxiety along with coping strategies for caregivers.

Help Your Child Adjust to the School Year

By: Samanta Boddapati, PhD (she/her/hers)

Read [this article](#) for adjustment tips.

Adjusting to new routines and expectations can be a challenge

Here are a few tips:

- Classroom Expectations
- Praise Positive School Behaviors
- Sticking to a Homework Routine
- Help your Child Maintain Friendships

Join us this year as we create monthly newsletters! Each month will have a different mental health topic and resources to support your students.

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- School Resources

Warning Signs of Anxiety in Kids

Read [this article](#) By: *On Our Sleeves Behavioral*

How Do We Know When Kids Are Anxious?

There are both cognitive and physical symptoms of anxiety.

Cognitive symptoms are more difficult to detect because they are not as easy to see.

Some common symptoms in children include:

- Expressing worry in the days, weeks or months ahead of a planned event.
- Consistent avoidance of typical activities.
- Irritability in stressful situations.
- Difficulty sleeping.
- Frequent "what if" questions about potential danger.
- Need for constant reassurance from parent

How Does Anxiety Affect Kids in School?

"What it looks like, and why it's often mistaken for something else" ("Anxiety in the Classroom: What it looks like, and why it's often ...")

Writer: Rachel Ehmke

Read [this article](#) from Child Mind to learn the following:
What You'll Learn:

- What might anxiety look like at school?
- Why is anxiety sometimes confused with other problems like ADHD or learning disorders?
- What physical symptoms do anxious kids get?

5 Easy Tips to Ease Back to School Anxiety

08.18.2022 | Blog Posts OhioGuidestone

Read [this article](#) for tips and details:

- Determine New Schedules
- Get Organized
- Focus on Sleep
- Talk it Out
- Reconnect Physically and Emotionally

Feel free to reach out if you have any questions or concerns.

Have a great month!

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