Anxiety in Children

Your child may be showing signs of anxiety.

**8 Ways a Child’s Anxiety Shows up as Something Else**

1. **Anger**
   The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.

2. **Difficulty Sleeping**
   In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.

3. **Defiance**
   Unable to communicate what is really going on, it is easy to interpret the child’s defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

4. **Chandeliering**
   Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.

5. **Lack of Focus**
   Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

6. **Avoidance**
   Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

7. **Negativity**
   People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. **Overplanning**
   Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.
54321 Grounding Technique for Calming Your Anxious Child

This technique uses the 5 senses to help calm an anxious child and get through stressful situations.

Begin with taking a deep breath.

5-Look for five things and say their names out loud. Ex. I see the squirrel.

4-Think of 4 things that you can feel, and say them out loud. Ex. I feel the soft pillow on my neck.

3-Listen for 3 sounds. Say the sounds out loud. Ex. I hear the washing machine.

2-Say two things you can smell. Say out loud your two favorite smells. Ex. I love the smell of vanilla.

1-Taste something. If you cannot taste something at the moment, name your favorite taste. Ex. I love the taste of spaghetti and meatballs.

https://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique

There are many things you can do to support your child.

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Center for Disease Control and Prevention