

# ANXIETY

## What is anxiety?

Anxiety is the general term given to fears, worries and panic feelings people get when faced with situations that may or may not be threatening. Sometimes there are physical symptoms such as awareness of heartbeat (palpitations), feeling hot and sweaty, shaky and dizzy.

Treatment includes simple reassurance or, if the anxiety persists and is troubling, Cognitive Behavioural Therapy (CBT) can be helpful.



## What are the symptoms of anxiety?

- Anger or aggression
- Avoiding certain situations
- Bedwetting
- Changes in appetite
- Fatigue
- Getting in trouble at school
- Headaches
- Irritability
- Muscle tension
- Nervous habits such as nail-biting
- Nightmares
- Refusing to go to school
- Restlessness
- Social withdrawal
- Stomach aches
- Trouble concentrating
- Trouble sleeping (insomnia)

## What causes anxiety?

It's often not clear as to why some children or teenagers develop anxiety disorders, however there are some commonly agreed causes.

- Stress
- Physical factors
- Childhood experiences
- Genetics
- Chemical imbalances in the brain

## Management of anxiety

These include:

- Cognitive Behavioural Therapy
- Medication
- Self help strategies