



# FACT BRIEFING

## ANXIETY:

WE ALL HAVE IT,  
BUT WHAT IS IT AND  
WHAT TO DO WITH IT?

“Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.”

*American Psychological Association, 2023*



## PHYSICAL SYMPTOMS

- Sweating
- Shaking
- Nausea
- Trouble sleeping
- Racing heart
- Difficulty breathing

## BEHAVIORAL SYMPTOMS

- Emotional outbursts
- Disobedience
- Fidgeting
- Loss of appetite

## COMMON SOURCES OF ANXIETY:

- Bullying
- Going to new places
- Being in a large crowd
- Speaking in public
- Illness or death
- Taking a test

## THINGS TO DO:

Build your child's  
self-awareness.

Provide a  
safe space.

Help them  
problem solve.

