

How Does Anxiety Make You Feel?

When anxious, you might feel the following things in your body:



Numbness or tingling



Feeling of choking



Trembling or shaking



Shortness of breath



Fear of dying



Chest pain



Feeling dizzy, unsteady, lightheaded or faint



Stomach Upset

Getting Through The Panic

Sometimes anxiety can be overwhelming and we cannot make it go away. What works to help you stay present and get through that difficult moment?

Helping Your Child Live Confidently with Anxiety

- Trying to convince a kid that “everything will be OK” often makes anxiety worse.
- Instead, help your child notice and talk back to their anxiety when it is being a bully.
- If anxiety stops your child from doing something, break down the activity into smaller steps to help them do it afraid.
- Reserve a specific time to talk about worries with your child. Try to limit discussion of worries outside of that time.

Recommended Reads

- *My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic* by Katherine Martinez and Michael Tompkins
- *Helping Your Anxious Child: A Step-by-Step Guide for Parents* by Ronald Rapee and colleagues

Please tell us what you think!
Take our quick survey.



For more resources on children’s mental health, visit:
KidsMentalHealthFoundation.org

Living with Anxiety



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What Is Anxiety and Why Do We Have It?

- Anxiety is your body’s alarm system - it alerts you to danger.
- Some people’s alarm system is more sensitive and goes off even when there is little to no danger.
- Anxiety becomes an anxiety disorder when it stops you from doing the things you want and need to do.



Myth

We have to get rid of anxiety to get better.



Truth

Avoiding things that make us anxious can make the anxiety worse.

How Does Anxiety Affect our Lives?

Anxiety can be really bossy and get in the way. What parts of your life are affected by anxiety? Circle those that apply to you.

- Family
- Friends
- Eating
- Activities
- Sleeping
- Other
- Mental Health
- School

Doing it Afraid

Avoiding anxiety makes it stronger. Safely facing our fears makes anxiety weaker. While our anxiety might not go away, doing things afraid is the most effective way to live with anxiety.

Examples of doing it afraid:

- Practicing separating from a trusted person (doing something independently)
- Talking to new people (ordering your own food, talking to the checkout person at the grocery store)
- Doing an activity that normally makes you nervous (go to school, join a club, go out with friends)

Thinking about your own anxiety, what is one thing you can “do afraid” this week?

Noticing and Talking Back to Anxiety

Noticing when your anxiety is talking and knowing how to respond is essential to living with anxiety. There are three steps to managing anxious thoughts:

1. **Catch it:** Notice your anxious thought.
2. **Name it:** Label it as an anxious thought.
3. **Talk back:** Challenge your anxious thought.

Examples

Catch it	Name it	Talk back
“I’m going to fail”	“My anxiety is telling me I’m going to fail”	“Trying hard is what matters most”
Track your own thoughts in the rows below.		