**Session One: Understanding Anxiety in Children**

Anxiety is a normal part of life, with feelings of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are typical at every age.

Anxiety serves as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from danger and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in new and uncertain situations.

When anxiety becomes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and untreated, it can wreak havoc on an adolescent’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health.

Nearly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kids between the ages of 3 and 17 struggle with chronic anxiety.

Types of anxiety and anxiety disorders include:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Anxiety

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Anxiety

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1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Anxiety

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1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Anxiety

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disorders

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anxiety disorders are often paired with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

One in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ children who have anxiety also struggle with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Additional Notes**

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**Session 2: Recognizing Signs and Symptoms in Adolescents**

Anxiety can present itself in many ways and symptoms can vary by age. Young children may begin to complain of certain physical ailments or even act out in undesirable behaviors. It is important to consider if anxiety is one possible cause.

**Physical symptoms young children may include:**

|  |  |
| --- | --- |
| 1. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_ | 5. Bedwetting |
| 2. Inability to fall asleep or to stay asleep | 6. Unusual tension in their bodies |
| 3. \_\_\_\_\_\_\_\_\_\_\_\_\_ or stomach pain | 7. Change in \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4. \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |

**At school:**

1. Inability to concentrate
2. Unable to \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Needing to use the \_\_\_\_\_\_\_\_\_\_\_\_\_ more frequently.

**Behaviorally:**

1. More \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Anger outbursts
3. Become more \_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Socially \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Develop avoidant behaviors of certain people or situations.
6. Seem more \_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Asking more questions than normal.
8. An increased need of approval from caregivers.
9. Act \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of things they were not frightened of before.

Physical symptoms in teenagers may be hard to identify due to their bodies changing and going through \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Physical symptoms in teens may include:**

|  |  |
| --- | --- |
| 1. Aches and \_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or migraines |
| 1. Change in eating habits | 1. Experiencing jittery episodes |
| 1. Decreased \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |

Behaviorally, adolescents are dealing with new hormones, feelings, and emotions that may mask otherwise obvious signs of anxiety.

**Behaviorally:**

1. Increased sensitivity to correction or perceived criticism.
2. Adhering strictly to a daily \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Inability to complete chores and tasks.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ self-conscious
5. Suddenly seem \_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Socially isolate

Teenagers may hide their emotional language and speak only to their peers.

Openly talking with your child in an age-appropriate level about the signs and the symptoms you are noticing is a great way to begin the conversation about your child’s anxiety and mental health.

**Additional Notes**

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**Session 3: Understanding and Managing Anxiety in Children**

Anxiety can develop due to:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Learned behavior from adults who struggle with \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Side effects from prescription medications.
4. Traumatic events such as:
5. A death of a loved one.
6. Frequent changes in \_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Witnessing an act of violence.
8. Surviving a natural disaster.
9. Experiencing parental \_\_\_\_\_\_\_\_\_\_\_\_\_.
10. Social stressors such as:
11. \_\_\_\_\_\_\_\_\_\_\_\_\_
12. Pressures to succeed in school or sports.
13. Being socially isolated.

One of the most effective safeguards parents can put into place for their children is to create a safe, nurturing, and peaceful atmosphere for the family at \_\_\_\_\_\_\_\_\_\_\_\_\_.

Ways to foster this safe, nurturing atmosphere are:  
a) Engaging in regular conversations.  
b) Setting healthy boundaries for \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ .  
c) Celebrating the uniqueness of each individual child.  
d) Be aware of the \_\_\_\_\_\_\_\_\_\_\_\_\_ your children have.  
e) Be intentional to allow for downtime during each week.  
f) Create opportunities to make fun \_\_\_\_\_\_\_\_\_\_\_\_ together.

If your child does begin to show signs of anxiety, taking swift action while remaining \_\_\_\_\_\_\_\_\_\_\_\_\_ is key.

**Suggested first steps are:**

1. Make an appointment with the child’s \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Consider scheduling an appointment with a Christian therapist or counselor.
3. Remain open to learning tools such as:  
   a. focused breathing  
   b. \_\_\_\_\_\_\_\_\_\_\_\_\_  
   c. \_\_\_\_\_\_\_\_\_\_\_\_\_   
   d. relaxation techniques
4. Never punish a child for feeling anxious, nervous, or afraid.
5. Ensure \_\_\_\_\_\_\_\_\_\_\_\_\_ needs are being met.

**Session 4: Scripture's Guidance on Anxiety**

Philippians 4:6 NIV *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

1 Peter 5:7 NIV *Cast all your anxiety on him because he cares for you.*

God wants to heal us and set us free from \_\_\_\_\_\_\_\_\_\_\_\_\_.

Jehovah-Rapha means God is our \_\_\_\_\_\_\_\_\_\_\_\_\_.

Proverbs 12:25 NIV *Anxiety weighs down the heart, but a kind word cheers it up.*

**Additional Notes**

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**Additional Notes**

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