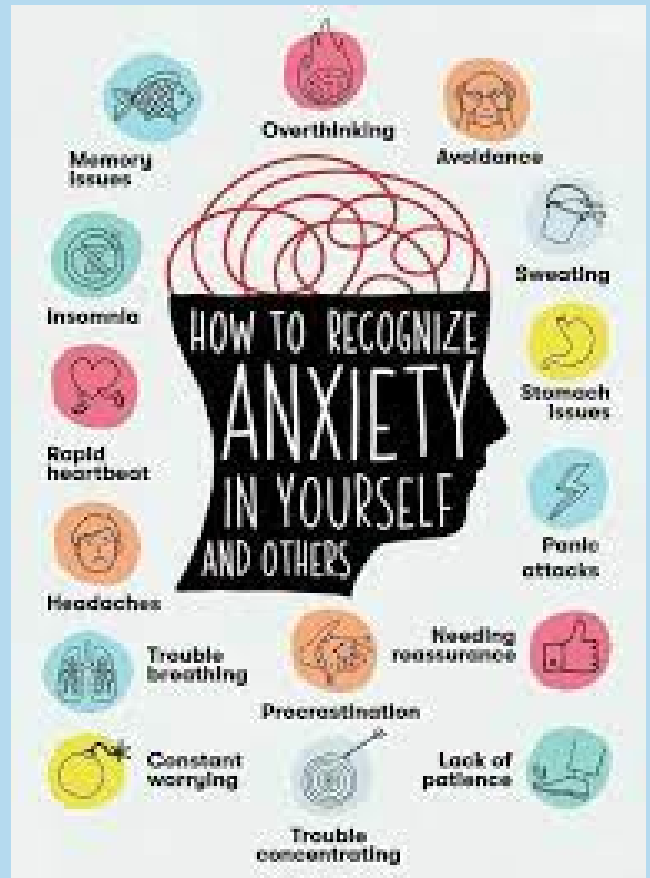
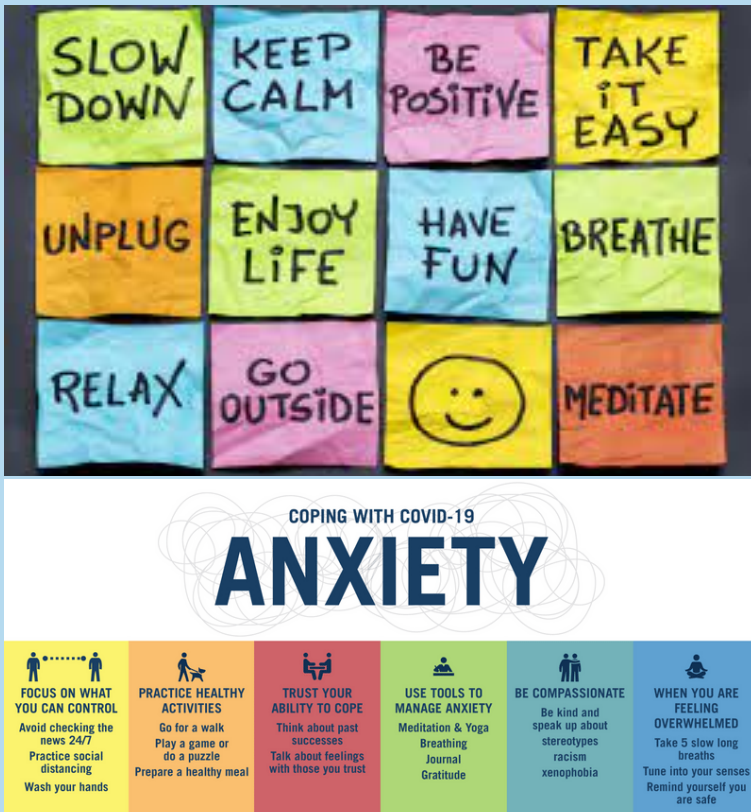


TALKING ABOUT ANXIETY

Resource Guide for Elementary School

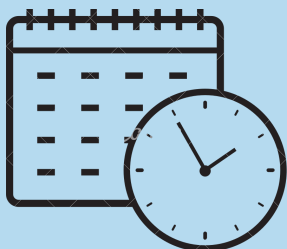


Upcoming Dates:

Welcome Back: April 5

Hybrid Learning: April 20 (ES)

Parent Workshop: Helping Our Children Cope with Anxiety:
April 28, 2021 (Spanish)



What is Anxiety?

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or panic attacks.

These feelings of anxiety and panic impact our daily activities, are difficult to control, and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

Common anxiety signs and symptoms include: Feeling nervous, restless or tense, Having a sense of impending danger, panic or doom, Having an increased heart rate, Breathing rapidly (hyperventilation), Sweating, Trembling, Feeling weak or tired, Trouble concentrating or thinking about anything other than the present worry, Having trouble sleeping, Experiencing stomach problems, Having difficulty controlling worry, and/or Having the urge to avoid things that trigger anxiety.

Coping With Anxiety

It is important to see a mental health professional or your doctor if:

- You feel like you're worrying too much and it's interfering with school, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you and difficult to control
- You feel depressed, stopped doing things you enjoy
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors – if this is the case, seek emergency treatment immediately

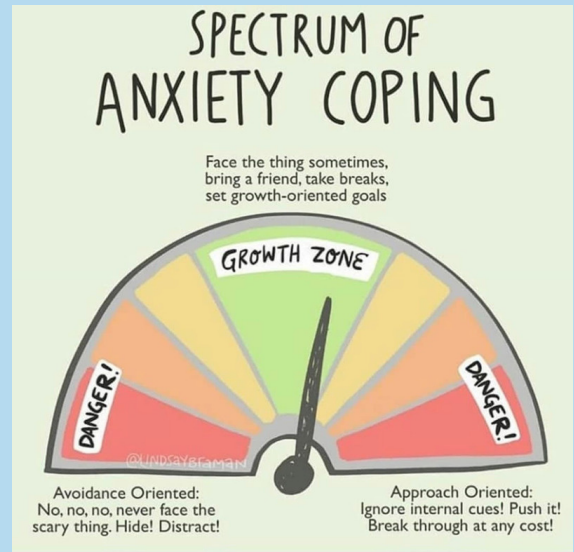
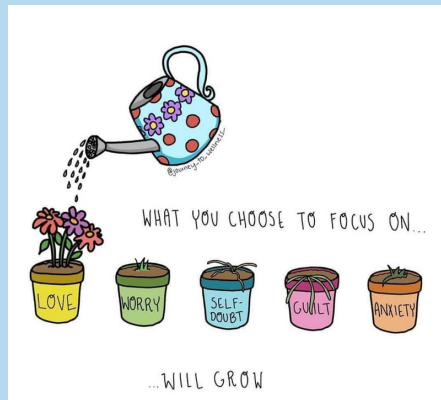
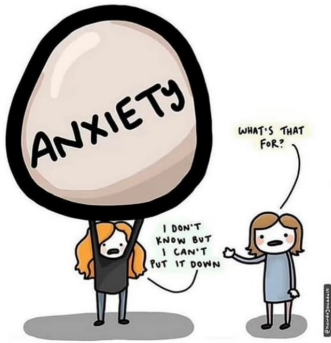
Your worries may not go away on their own, and they may get worse over time if you don't seek help.

5 Every Day Things to Do To Help Cope with Anxiety:

- Practice Mindfulness and Deep Breathing
- Use Aromatherapy: Certain aromas can help activate certain receptors in your brain, potentially easing anxiety
- Go Out for a Walk: Sometimes, the best way to stop anxious thoughts is to walk away from the situation
- Journal: Writing down what's making you anxious gets it out of your head and can make it less daunting

5 Long-Term Strategies to Help Cope w/Anxiety

- Identify what triggers the anxiety
- Talk to a mental health professional (therapy)
- Change your diet
- Keep your body and mind healthy
- Talk to your primary doctor



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