



Causes of Anxiety in Kids

- Arguments
- Money
- Guilt
- Abandonment
- School
- Parents Splitting Up
- Bullying
- Being teased
- Fear for parents
- Getting in trouble
- Fitting in
- Safety
- Appearance

Anxiety:

Distress or uneasiness of the mind caused by fear of danger or misfortune.

Dictionary.com

Dt. 3:22	Mt. 6:25-34
Dt. 31:8	Mt. 10:31
Neh. 8:10	Mt. 11:28
Ps 23:4	Jn 14:27
Ps. 34:4	Jn. 16:33
Ps. 46:10	Rom. 8:31
Ps. 55:22-23	Phil. 4:6-7
Prov. 3:5-8	Phil. 4:19
Prov. 12:25	Heb. 13:6
Is. 41:10	1 Pt. 5:6-7

Scripture References

ANXIETY...A SILENT KILLER! Worry is a normal part of everyday life, but when that worry interferes with a child's ability to accomplish normal everyday tasks it has risen to the level of anxiety. Children can suffer from separation anxiety, social anxiety, panic attacks or may simply have an unexplainable fear of some bad thing which is "bound to happen." Many anxious children may be quiet and complacent leading them to suffer in silence. Prolonged periods of anxiety can lead to chronic illness. The key to helping children deal with anxiety is information. Imagination feeds anxiety, so provide them with as much information as reasonably possible.

What To Say/Do

- "We'll get through this together."
- "I know this is hard."
- "Tell me about it."
- Encourage them to face fears, not run away.
- Let them know that it's ok not be perfect.
- "I love you. You are safe."
- "I get anxious sometimes too. It's no fun."

What NOT To Say/Do

- "This isn't a big deal. Don't worry so much!"
- "Stop being such a worrier."
- "Here are all the reasons you don't have to worry about this."
- "It's going to be ok. Trust me!"
- "What's wrong with you?"
- "That's such a silly thing to be worried about."
- "Get over it."