

# What Is Anxiety?

People with anxiety disorders frequently have intense, excessive, and persistent worry and fear about everyday situations. For them, the anxiety doesn't go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork and relationships. Recognizing the signs of anxiety and intervening early are keys to keeping it from affecting overall well-being.

## Resource toolbox

### 1. Helpful websites

Scan the QR code or click the links below to access:



- [National Institute of Mental Health](#)
- [Texas Child Mental Health Care Consortium](#)
- [Centers for Disease Control and Prevention](#)

### 2. Screening tools

Scan the QR code or click the links below to access:



- [Screen for Child Anxiety Related Emotional Disorders \(SCARED\)](#)
- [General Anxiety Disorder \(GAD-7\)](#)

### 3. Useful tools

Scan the QR code or click the links below to access:



- [Pharmacological interventions](#)
- [Cognitive behavioral therapy for kids](#)
- [Social media resources](#)

## Anxiety progression and treatment



### 4. Guides for parents

Scan the QR code or click the links below to access:



- [Facts for families](#)
- [Free online course for evidence-based parent management training](#)
- [National Alliance on Mental Illness](#)

### 5. Insightful reading

Click the links below to access:

- ["Mental Health Strategies for Pediatric Care," Susan G. Forman, Ph.D., Jeffrey D. Shahidullah, Ph.D., Cody A. Hostutler, Ph.D., Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP](#)

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- [Facts for families](#)
- [Cognitive behavioral therapy for kids](#)
- [Free online course for evidence-based parent management training](#)
- [Parents' anxiety guide](#)
- [How breathing affects feelings](#)

### 3. Helpful apps

Scan the QR code or click the links below to access:



- [Breathe2Relax \(13+\)](#)
- [Relax Melodies: Sleep Sounds](#)

## Signs of anxiety

- Feeling afraid when away from parents
- Having extreme fears about specific situations or things
- Fearing large, social activities
- Worrying about future negative outcomes
- Having repeated panic attacks (heart pounding, hyperventilation, dizziness, trembling, sweating)

### 4. Mindfulness videos for children

Scan the QR code or click the link below to access:



- [Calming videos playlist](#)

### 5. Books for children

Click the links below to access:

- ["Wilma Jean the Worry Machine," Julia Cook](#)
- ["What You Must Think of Me," Emily Ford; Michael Liebowitz, MD; and Linda Wasmer Andrews](#)
- ["Cool Cats, Calm Kids," Mary Williams](#)

### 6. Books for parents

Click the links below to access:

- ["Your Adolescent," David Pruitt, MD](#)
- ["Monkey Mind," Daniel Smith](#)

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## Resource toolbox

### 1. Helpful websites

Scan the QR code or click the links below to access:



- [Anxiety in the classroom](#)
- [Child Mind Institute](#)
- [Education Degree](#)

### 2. Podcasts for educators

Scan the QR code or click the links below to access:



- ["Anxiety in Schools"](#)
- ["Real Talk for Real Teachers"](#)
- ["MindShift: How Can Schools Help Kids With Anxiety?"](#)

### 3. Useful resources

Scan the QR code or click the links below to access:



- Videos:
  - [Nip in the Bud](#)
  - [Anxiety Canada: Caretoons](#)
- [Social media resources](#)

### 4. Books for educators

Click the links below to access:

- ["Anxiety and Depression in the Classroom: A Teacher's Guide to Fostering Self-Regulation in Young Students," Nadja Reilly](#)

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