



FLORIDA STATE UNIVERSITY

HUMAN SERVICE CENTER - FSUS LOCATION

MENTAL HEALTH INFO FOR PARENTS:

ANXIETY IN MIDDLE & HIGH SCHOOL

How it affects your child and how you can help

What is anxiety?

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like sweating, trembling, dizziness or a rapid heartbeat.

Anxiety Stats

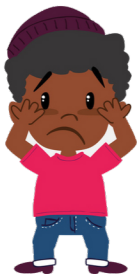
8% of youth have a diagnosed anxiety disorder. 80% of youth with a diagnosed anxiety disorder do not receive treatment. The median age of onset for anxiety disorders is 6 years old.

Causes

Genetics	Chemical imbalance in brain
Environment	Physical problems
Personality type	Stress

Signs & Symptoms

Feeling on-edge
Fatigue
Difficulty concentrating
Irritability



Difficulty controlling worry
Sleeping too much or too little
Muscle tension
Headaches



Negative Effects

Anxiety has been shown to impact school performance as well as social interactions. Further, childhood anxiety predicts later panic attacks, depression, separation anxiety disorder, conduct disorder, social phobia, suicidality, and physical problems such as heart disease and diabetes.

Are middle and high school students prone to anxiety?

Adolescence is a stage when many students are wrought with emotional turmoil and anxiety. Youth must balance a desire for autonomy with a need for structure. They also deal with increasing concerns about fitting in and navigating social interactions. Being on a semester schedule, extracurricular activities and/or jobs, homework, exams, and performance anxiety are even more reasons middle and high school students may be prone to anxiety.

What can you do?

- ✓ Seek help from a mental health professional. They can provide psychotherapy or medications. Contact the school for help finding a provider.
- ✓ Stress management techniques such as deep breathing, meditation, and exercise are helpful but should not replace standard care.

Resources

<https://www.apa.org/topics/anxiety/>

<https://adaa.org/understanding-anxiety>

<https://childmind.org/2015-childrens-mental-health-report/>

<https://newsinhealth.nih.gov/2016/03/understanding-anxiety-disorders>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>