



Navigating Childhood and Adolescent Anxiety

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

2. _____ Anxiety

3. _____ Anxiety

4. _____ Anxiety

5. _____



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6. _____ Disorders

7. _____

8. _____

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 _____
2. Inability to fall asleep or to stay asleep
3. _____ or stomach pain
4. _____
5. Bedwetting
6. Unusual tension in their bodies
7. Change in _____

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 _____.



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Physical symptoms in teens may include:

1. Aches and _____
2. Change in eating habits
3. Decreased _____
4. _____ or migraines
5. Experiencing jittery episodes

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:
 - a. A death of a loved one.
 - b. Frequent changes in _____.
 - c. Witnessing an act of violence.
 - d. Surviving a natural disaster.
 - e. Experiencing parental _____.
5. Social stressors such as:
 - a. _____
 - b. Pressures to succeed in school or sports.
 - c. 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 _____.



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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.



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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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