

An Older Kid's Guide to Managing Anxiety

Anxiety is a normal part of life. It's the body's natural response to danger. When we feel threatened, our bodies go into "fight or flight" mode. This response helps us to stay safe by preparing us to either fight off the danger or run away.

But sometimes, anxiety can become a problem. If you feel anxious all the time, or if your anxiety is so severe that it starts to interfere with your daily life, then you may have an anxiety disorder.

The symptoms of anxiety can vary from person to person. Some common symptoms include:



Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner

★★★★☆ 4.6 out of 5

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- Feeling nervous, restless, or on edge
- Having a sense of impending doom
- Feeling like you can't control your thoughts or feelings

- Having difficulty concentrating
- Feeling irritable or fatigued
- Having muscle tension or headaches
- Having difficulty sleeping

There are many different things that can cause anxiety. Some common causes include:

- Genetics
- Life experiences
- Personality traits
- Medical conditions

There are many different things you can do to manage your anxiety. Some helpful tips include:

- **Talk to someone.** Talking to a trusted friend, family member, or therapist can help you to understand your anxiety and develop coping mechanisms.
- **Exercise.** Exercise can help to reduce stress and anxiety. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Eat a healthy diet.** Eating a healthy diet can help to improve your overall health and well-being, which can help to reduce anxiety. Avoid processed foods, sugary drinks, and excessive amounts of caffeine and alcohol.

- **Get enough sleep.** When you're sleep-deprived, you're more likely to feel anxious. Aim for 7-8 hours of sleep each night.
- **Practice relaxation techniques.** Relaxation techniques such as yoga, meditation, and deep breathing can help to calm your mind and body.
- **Avoid caffeine and alcohol.** Caffeine and alcohol can make anxiety worse.
- **Set realistic goals.** When you set unrealistic goals, you're more likely to feel stressed and anxious. Break down large goals into smaller, more manageable steps.
- **Reward yourself for your efforts.** When you make progress in managing your anxiety, reward yourself for your efforts. This will help you to stay motivated.

If you're struggling to manage your anxiety on your own, it's important to seek professional help. A therapist can help you to understand your anxiety, develop coping mechanisms, and create a treatment plan.

Anxiety is a normal part of life, but it can be tough to deal with sometimes. This guide has provided you with some helpful tips on how to manage your anxiety. If you're struggling to manage your anxiety on your own, it's important to seek professional help.



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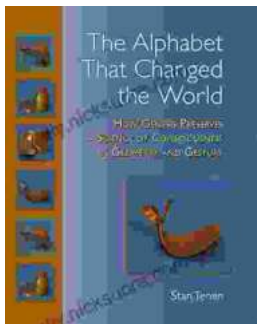
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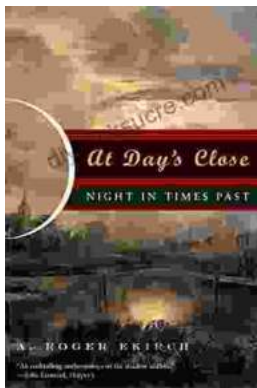
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