

What is the help that helps?

supporting young people experiencing anxiety



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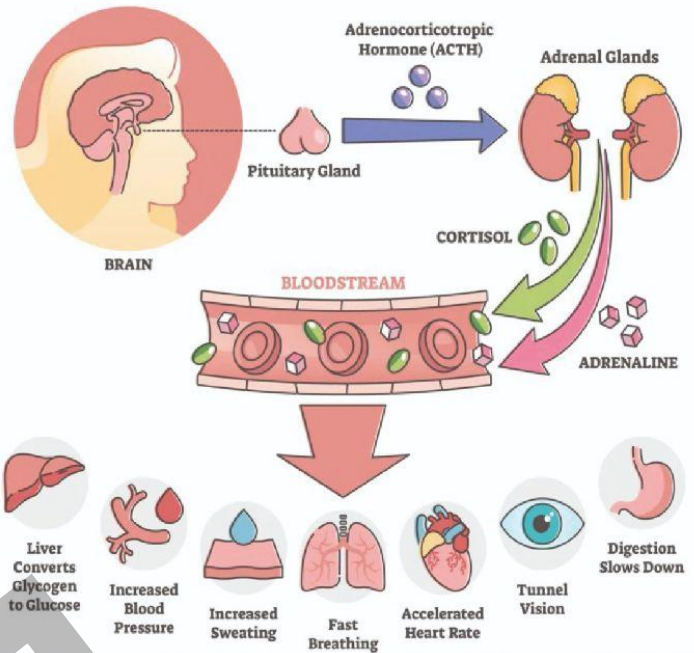
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What Is Anxiety?



STRESS RESPONSE



WHEN CHILDREN FEEL ANXIOUS THEY MIGHT APPEAR...

- Withdrawn
- Distractible
- Tearful
- Irritable
- Hyperactive
- Agitated
- Angry
- Clingy
- Frustrated (with themselves or others)
- Argumentative
- Aggressive

