Anxiety

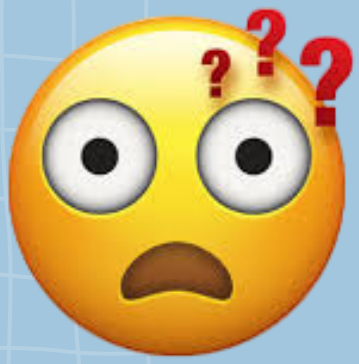
"Things You and Your Child Should Know"

www.anxietycanada.com

1 Anxiety is normal and everyone experiences it from time to time. It protects us from danger and can help us reach goals.

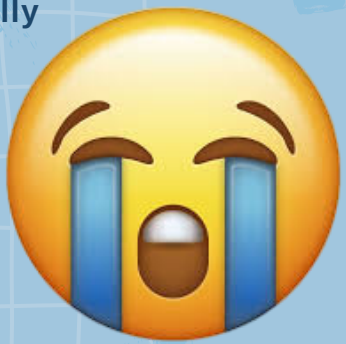
2 Anxiety is not dangerous. Although it feels uncomfortable, it is temporary and will decrease. The sensations we feel are a part of our body's natural response and it alerts us.

3 Anxiety is adaptive. It triggers our fight, flight, or freeze response which is necessary for our body to react and stay safe.



4 Anxiety is a part of life and trying to eliminate it from your child's life is impossible.

5 Although some anxiety can be useful, it can become a problem. When anxiety makes you worry everyday, affects fun activities, or stops you from doing things that you usually do, then it is time to seek help.



6 Anxiety is one of the most common mental health problems amongst young people. Anxiety problems and disorders are very treatable. Do not be afraid to ask for help. Please contact your health care provider