

Counselor's Corner

Mrs. Miller

**REMINDER: Best way
to contact me:**

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**Or call Nautilus
Elementary:
928-505-6060**

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Is Your Child Feeling Anxious?

This year has been one of many changes and this may have resulted in your child feeling anxious.

Anxiety is a fear or worry about what is to come. Some anxiety is expected in certain situations like taking a test or giving a speech. It's our body's natural response to stress. If anxiety is interfering with daily routines, it may help to talk with someone, find an activity to do or reframe the situation.

Click below for some ways that anxiety may present itself. If you notice that your child is exhibiting any of these and they become disruptive to daily life, try helping your child explain how they are feeling, draw a picture or write about it. If the anxiety persists, contact your school counselor or check the resources available in Lake Havasu on the Nautilus Elem. webpage under Counselor's Corner.

Additional resources: www.adaa.org

Upcoming Events

- October 2nd
No School for Students
Parent Conferences
- October 3rd - 11th
No School, Fall Break
- October 12th
Full Day/Week Schedule
Begins
Early Release is on
Wednesdays

ANXIETY



**Go the next page to see how anxiety
can look in a child?**

Anxiety does not look the same for everyone and can be easily missed.

Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

Go to the next page for links and articles on helping anxious children.

Click on each box to take you to an article with tips.

