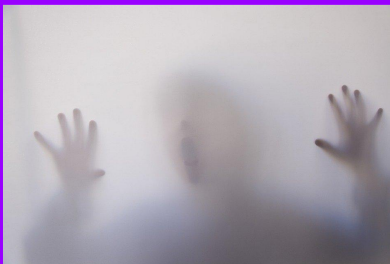


# October 2020 Counselor's Corner



## 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.

Go to the next page to see 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 a professional counselor or check the resources available in Lake Havasu on the Jamaica Elem. webpage under Counselor's Corner.

Additional resources: [www.adaa.org](http://www.adaa.org)

Click on each image for helpful tips

## 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 to 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