

Anxiety Red Flags

Here are some common 'red flags' that may indicate that a child is suffering from anxiety.

An anxious child:

- becomes easily and/or excessively distressed or agitated if faced with a stressful situation;
- is self-critical and a perfectionist and puts themselves under undue pressure to get things right;
- is overly concerned about what their peers and teachers think of them;
- has highly developed avoidance techniques and often refuses to participate in certain activities, visit friends or go to school;
- anticipates anxiety and worries about an event weeks and months in advance;
- needs constant reassurance;
- often asks "what if?" and struggles to accept logical answers and arguments;
- often claims that they are too poorly to go to school owing to minor ailments;
- often needs to be persuaded to do something that would be considered routine, such as eating or going to bed.

If a child's anxiety is becoming an issue and is impacting their life, then speak to their teacher or your GP for advice.