



## Counselor's Corner

May 02, 2018

### Did You Know?

Mornings are the worst time for anxious students. It is helpful to have a plan in place for the anxious student. Having someone to greet the student is important. Have a job or peer to help is great to distract from anxiety.



### Review of Anxiety In-service



The most common psychopathology in children is anxiety. It is estimated that 20% of children and adolescents are affected by Anxiety Disorders. The Prevalence of untreated anxiety disorders in children is 80%. This leaves children at risk for academic, social problems and alcohol/drug addiction. Teachers can help by:

- Teaching them language to express feelings.
- Apply problem solving skills to coping with anxiety (deep breathing, positive thoughts).
- Provide a calming area in the classroom.
- Teach logical thinking to reduce anxiety.



### Related websites/contact information:

[Adaa.org](http://Adaa.org)

[Childmind.org](http://Childmind.org)

[Anxietybc.org](http://Anxietybc.org)

