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

www.thepathway2success.com

Clipart by Kate Hadfield & Sarah Pecorino