



TEENAGE ANXIETY

What is Anxiety:

ANXIETY IS A COMMON DISORDER OF FEELING CONSTANTLY WORRIED AND FEARFUL ABOUT DAILY SITUATIONS IN AN EXTREME, EXCESSIVE WAY. AT TIMES, ANXIETY CAN CAUSE PANIC ATTACKS. ANXIETY CAN AFFECT DAILY LIVING ESPECIALLY WHEN IT FEELS UNCONTROLLABLE OR EXTREMELY INTENSE TO THE POINT OF HAVING TO AVOID SITUATIONS.

Symptoms must cause significant distress or impairment

SYMPTOMS OF ANXIETY

Symptoms must occur more days than not for at least 6 months

- FEELING NERVOUS OR RESTLESS
- HAVING A SENSE OF PANIC
- UNCONTROLLABLE WORRY
- HAVING TROUBLE SLEEPING
- IRRITABILITY
- INCREASED HEART RATE
- BREATHING RAPIDLY
- SWEATING
- FEELING WEAK OR TIRED
- EXTREME SELF-CONSCIOUSNESS
- DROP IN SCHOOL GRADES OR SCHOOL ABSENCES
- HAVING A DIFFICULT TIME CONCENTRATING
- AVOIDANCE OF THINGS THAT TRIGGER THE ANXIETY
- DIGESTIVE PROBLEMS
- WITHDRAWAL FROM SOCIAL SITUATIONS

Treatment

A combination of both psychotherapy and medication has been found to be the most effective...

- CBT (Cognitive Behavioral Therapy) works by changing self-defeating thoughts and behaviors.
- Antidepressants SSRIs (selective serotonin reuptake inhibitors)

Causes of Anxiety

- **Inherited traits**– common in people whose blood relatives – such as a parent or grandparent – also have the condition.
- **Early childhood trauma**– Traumatic events during childhood, such as physical or emotional abuse, or loss of a parent, may cause changes in the brain that increase the risk of anxiety
- **Hormonal Changes**– Changes in the body's balance of hormones may be involved in causing or triggering anxiety
- **Developmental Stressors**– difficulties with parents and friends, peer pressure, physical body changes
- **Stress buildup**– a big or small stressful event such as school stress or a death in the family
- **Personality**– certain personality types are more vulnerable to anxiety
- **Other disorders**– having other disorders such as depression, substance use, or ADHD may lead to comorbid anxiety