

## Anxiety

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The purpose of this presentation is to provide educators with a better understanding of anxiety. It is also to assist educators in identifying students in their classroom that would benefit from support surrounding anxiety

The second part of this presentation is to assist educators in bringing parental support to the students. It will provide educators with information for families and ways to engage with their children

### The following Information Has Been Made Available For Your Use:

- Informational Video
  - What is Anxiety?
  - What Causes Anxiety?
  - How is Anxiety Displayed?
  - What are the Consequences of Anxiety?
  - How do Professionals Determine an Anxiety Disorder?
  - What Treatment is Most Effective for Anxiety Disorders?
  - What can you do to Help?
    - Safety Planning
  - How can I be Mindful While Talking to an Individual Suffering from Anxiety?
    - Dialectics and Validation
  
- Annotated Bibliography – **For Educators**  
Describing the foundation of this information and its relevance to this project.
- A Case Study about a child suffering from anxiety – **For Educators**  
The case study depicts a child suffering from anxiety.
- How to reduce anxiety in the classroom – **For Educators**  
Strategies that can be effective to reduce the overall anxiety in the classroom.
  
- Recommended children's books for teens and families  
These books could be read by the teen or the teen and their support system could read them together.
- A brief overview of typical youth development  
Understanding typical development will assist in identifying atypical development.
  
- Terminology  
Definitions or explanations of terms that might be unfamiliar.