

Panic Attacks

Changes in Eating Habits

Over Planning

Difficulty Sleeping

Anxiety can disrupt sleep, leading to difficulties falling asleep, staying asleep or experiencing nightmares.

Non-Specific Pains

Anxiety can manifest in physical symptoms such as stomach aches, headaches or fatigue. Especially when there is no apparent medical cause.

Avoidance

Children may avoid certain situations or activities that they fear or find stressful. This could include social situations, school events or even leaving the house.

Self-Criticism

Irritability

Physical Restlessness

Clinginess

Children may experience intense fear or distress when separated from their caregivers or loved ones, even in familiar or safe environments.

Signs of Anxiety in your Child

Fear of Failure

Self Consciousness

Anxious children may be excessively self-conscious, worrying about how they appear to others or fearing embarrassment.

Meltdowns

Seeking Reassurance

Defiance

Regression

Negativity

Children with anxiety may be overly critical of themselves, focusing on perceived flaws or mistakes and experiencing feelings of inadequacy.

Lack of Focus

Children may find it hard to focus or concentrate, leading to academic or behavioural issues at school.

Anger

Children may experience sudden emotional outbursts, such as crying, tantrums or angry outbursts, especially when feeling overwhelmed or stressed.

Excessive Worrying

Perfectionism

Social Withdrawal