

Is your child worried about an uncertain school year?



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Elementary and middle school students are facing rising levels of depression and anxiety during the pandemic.

- They may be torn between wanting to see their friends and being afraid of contracting the virus.
- They may still be hurting over missed opportunities from the spring and summer.
- They may be feeling guilty for actions they took that may be negatively affecting other members of their household.
- They may be fearful of the future and the unknown.

THINGS TO KEEP IN MIND:

- Stress affects everyone.
- Not everyone reacts to stress in the same way.
- Not all stress is bad.

Even so, most children are aware that the pandemic threatens everyone's safety and they may be feeling anxious and depressed. For this reason, it's important to pay attention to their behavior.

A CHILD MAY NEED OUTSIDE HELP IF THEY ARE DISPLAYING:

- Extreme worry or sadness
- Excessive crying or irritation
- Reluctance to separate from parents
- Physical symptoms like headaches or stomachaches
- Behaviors they have outgrown, such as toileting accidents or bedwetting
- Moodiness, irritability, tantrums or meltdowns
- Trouble sleeping
- Panic attacks
- Hyperactivity
- Unhealthy eating habits
- Avoidance of activities enjoyed in the past
- Difficulty with attention and concentration
- Poor school performance or avoiding schoolwork

If your child is experiencing any of these symptoms stemming from anxiety about going back to school, call us today at **XXX-XXX-XXXX** for a no-cost assessment or visit us at **XXXXXXXXXXXXXXXXXXXX.com**

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