

This is the face of anxiety

Mental Health Awareness Month is a good time to remember that an A+ student with an A+ smile can also be teetering on an emotional edge

MYTH: If a child is only anxious about certain things, their anxiety isn't an issue.

FACT: When problematic anxiety shows up in one area, it won't always show up in all areas.

Anxiety is a natural emotion and can even be helpful. When it becomes a struggle for a child — when a parent sees patterns of distress, avoidance, or interference in one or more areas — it's not likely to get better on its own.

Parents may notice:

Persistent behaviors, physical symptoms, and thoughts:

- Withdrawal, overdoing things, and asking for a lot of reassurance
- Stomachache, headache, shaking, and racing heart
- Thinking patterns that get in the way of daily life (e.g. big worries or self-doubt)

Some positive moments, too:

- Tryouts and trophies
- Friends and fun events
- Smiles, laughter, and accomplishments

This month (and all year long), we encourage parents to look for where anxiety is getting in the way of what a child needs or wants to do. Brightline's focused therapy and psychiatry program helps with anxiety, and sessions are available in person and online.

brightline.com/anxiety

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