

# 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

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**[brightline.com/anxiety](https://brightline.com/anxiety)**

(888) 255-1329

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# 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.** It's not something to eliminate; in fact, it can even be helpful. Though when it becomes a struggle for a child — when a parent sees patterns of distress, avoidance, or interference in one or more areas of their day-to-day life — 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 about abilities, safety, or health)

### Some positive moments, too:

- Tryouts and trophies
- Friends and fun events
- Smiles and accomplishments
- Bursts of laughter and calm moments

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. When they're not able to manage it — in one area or several — ask questions, listen to potentially difficult answers, and be brave enough to get extra support when needed. likely to get better on its own.

Brightline's focused therapy and psychiatry program helps with anxiety, and sessions are available in person and online. The right conversations — and the right help — can make all the difference for the whole family.

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