

Anxiety

Brief Description: Anxiety is a universal expression for several disorders that cause nervousness, fear, apprehension, and worrying.

How it feels: This is a short video clip which depicts what people with anxiety may feel.

<https://www.youtube.com/watch?v=QeA0EkyVcRo>

Helpful Links:

- **The National Anxiety Foundation:** NAF is a national organization that offers free educational material written by experts in the field of psychology regarding anxiety disorders.

<http://www.nationalanxietyfoundation.org/>
- **The Child Mind Institute:** This national nonprofit is dedicated to transforming the lives of children struggling with mental health and learning disorders.

<https://childmind.org/>
- **Midwest Anxiety:** This local organization is located in Overland Park, KS and is a community based program for children, teens, and adults who struggle with anxiety, depression, and more generalized difficulties including negative thoughts, feelings, or behaviors.

<https://www.midwestanxiety.com/>
- **The Kansas City Center for Anxiety Treatment:** KCCAT is a local organization that utilizes a team-based Cognitive Behavior Therapy/Exposure Response Prevention treatment, research, and training.

<https://kcanxiety.com/>

Resources about Anxiety:

Strategies for Teaching students with Anxiety:

- **Way Ahead: Mental Health Association NSW**
Strategies to Support Anxious Children in the Classroom
<http://understandinganxiety.wayahead.org.au/download/strategies-to-support-anxious-children-in-the-classroom/?wpdmdl=1669>
- **Worry Wise Kids**
Sample Accommodations for Anxious Kids
<http://worrywisekids.org/node/40>
- **We Are Teachers**
7 Ways to Help Students Who Struggle with Anxiety
<https://www.weareteachers.com/7-ways-to-help-students-who-struggle-with-anxiety/>

- **Student First Project**

School and Classroom Strategies: Anxiety

<http://studentsfirstproject.org/wp-content/uploads/AnxietyQuickFactSheetStrategies.pdf>

- **KQED News: Mind/Shift How we will learn.**

20 Tips to Help De-escalate Interactions with Anxious or Defiant Students

<https://ww2.kqed.org/mindshift/2016/04/21/20-tips-to-help-de-escalate-interactions-with-anxious-or-defiant-students/>