

DEEPER DIVE INTO ANXIETY

Quarterly Newsletter of the APS Mental Health Committee

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WORRY *or* ANXIETY

- relatively temporary
- happens sometimes
- about more specific things
- mild emotional response
- doesn't prevent functioning or action
- can lead to problem-solving
- more realistic concerns



- long term
- pervasive
- can be more diffuse or vague
- strong emotional distress and physical response
- can prevent functioning or action
- difficult to problem-solve
- can be less realistic

Different Types of Anxiety

SEPARATION ANXIETY: WHEN CHILDREN ARE WORRIED ABOUT BEING SEPARATED FROM CAREGIVERS. THESE KIDS CAN HAVE A HARD TIME AT SCHOOL DROP-OFFS AND THROUGHOUT THE DAY.

SOCIAL ANXIETY: WHEN CHILDREN ARE EXCESSIVELY SELF-CONSCIOUS, MAKING IT DIFFICULT FOR THEM TO PARTICIPATE IN CLASS AND SOCIALIZE WITH PEERS.

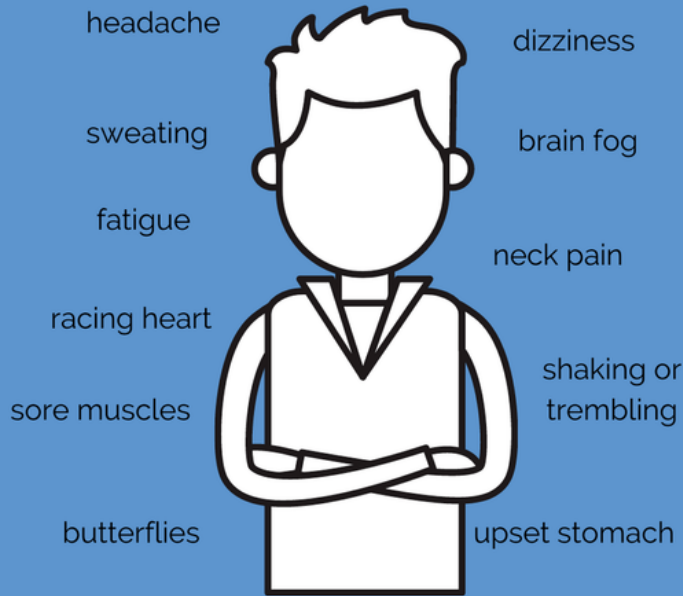
SELECTIVE MUTISM: WHEN CHILDREN HAVE A HARD TIME SPEAKING IN SOME SETTINGS, LIKE A SCHOOL AROUND THE TEACHER.

GENERALIZED ANXIETY: WHEN CHILDREN WORRY ABOUT A WIDE VARIETY OF EVERYDAY THINGS. KIDS WITH GENERALIZED ANXIETY OFTEN WORRY PARTICULARLY ABOUT SCHOOL PERFORMANCE AND CAN STRUGGLE WITH PERFECTIONISM.

OBSESSIVE-COMPULSIVE DISORDER: WHEN CHILDREN'S MINDS ARE FILLED WITH UNWANTED AND STRESSFUL THOUGHTS. KIDS WITH OCD TRY TO ALLEVIATE THEIR ANXIETY BY PERFORMING COMPULSIVE RITUALS LIKE COUNTING OR WASHING THEIR HANDS.

SOMATIC COMPLAINTS

with anxiety



WORRY VS ANXIETY

1. **Worry resides in our minds / Anxiety affects both mind and body**
2. **Worry is specific/ Anxiety is more generalized**
3. **Worry is grounded reality/ Anxiety is marked by catastrophic thinking**
4. **Worry is temporary/ Anxiety is longstanding**
5. **Worry doesn't impair function/ Anxiety does**

For more MENTAL HEALTH INFORMATION visit:

<https://www.allendale.k12.mi.us/community/mental-health-support/>

Ehmke, R. (2022) *How Does Anxiety Affect Kids in School*. Child Mind Institute. <https://childmind.org/article/classroom-anxiety-in-children/>

Counselor Keri. (Dec.10th, 2020) *Parent support for Students with Anxiety*. Confident Counselors. <https://confidentcounselors.com/2020/12/10/parent-support-for-students-with-anxiety/>

5 Tips to help your student deal with anxiety

TURN OFF SOCIAL MEDIA: THE AMOUNT OF TIME SPENT ON SOCIAL MEDIA IS DIRECTLY RELATED TO LEVELS OF STRESS AND ANXIETY.

MOVE YOUR BODY: EXERCISING CAN HELP ONE DIVERT THEIR THINKING OFF OF THEIR NEGATIVE THOUGHTS, IT DECREASES MUSCLE TENSION, AND IT RELEASES ENDORPHINS THAT HELP ONE FEEL HAPPY.

TRY FIDGETS AND/OR WEIGHTED BLANKETS: FIDGETS CAN HELP KIDS DISTRACT THEIR THOUGHTS AND DIVERT THEIR NEGATIVE ENERGY. WEIGHTED BLANKETS ARE KNOWN TO HELP CALM KIDS WITH ANXIETY.

GET GOOD SLEEP: HOT BATHS OR SHOWERS, CALMING NOISE APPS, DECREASING CAFFEINE AND SCREEN TIME BEFORE BED ARE ALL GREAT MEASURES TO HELP INCREASE A GOOD NIGHT'S SLEEP.

TALK IT OUT OR JOURNAL: FINDING A TRUSTED FRIEND OR FAMILY MEMBER TO HAVE STUDENTS TALK THROUGH THEIR WORRIES AND STRESSORS CAN BE A HELPFUL WAY TO DECREASE ANXIETY. IF ANXIETY IS EXTREME, A THERAPIST IS A GOOD OPTION FOR TALKING THROUGH ISSUES. A JOURNAL CAN BE A GREAT SUBSTITUTE AS WELL FOR KIDS WHO ARE TOO NERVOUS TO TALK TO SOMEONE.

Crisis Hotlines

CMH- Ottawa Co. 24 Hour Helpline
1-866-512-HELP (4357)

Nat. Suicide Prevention Hotline
1-800-273-TALK (8255)

"BE KIND TO YOUR MIND" Hotline
1-888-535-6136

(24 Hour Hotline for MI residents seeking help around depression, anxiety, anger or loss)