



Advanced Psychology

Suite 1.04, 71 Queens Road, Melbourne 3004

Phone: 0370028006

Email: admin@advancedpsychology.net

Website: www.advancedpsychology.net

ABN: 79 662 847 949

Anxiety Signs in Kids

Feelings:

- Can't sit still or complains of tummy/headaches
- Trouble sleeping or always tired
- Worrying a lot or getting super grumpy

Actions and Friends:

- Avoiding friends or fun stuff
- Sticking close, not wanting to be away
- Eating differently or not paying attention in class

School and Talk

- Performance dropping or avoiding school work
- Taking forever to say what's up

Keep an Eye out if:

- These things stick around for weeks
- If they mess with daily fun and games

If lots of them seems familiar it may be good to chat to a mental health professional and your GP.