

TOPIC

Anxiety

DEFINITION

Anxiety is a common mental health condition characterized by excessive and persistent worry, fear, and unease which can manifest in various ways.

STRATEGIES TO USE WITH STUDENTS

[Supporting Children with Anxiety: 8 Practical Strategies for Teachers or Schools](#)

[How to Help Students with Anxiety in the Classroom | Social Emotional Workshop](#)

[Evidence-based strategies for anxiety](#)

ADDITIONAL RESOURCES

[Supporting Students with Anxiety in School | American Academy of Pediatrics](#)

 [What You Can Do: Help Anxious Students](#)

[Coping Mechanisms to Manage Anxiety | Gateway Educational Center](#)

For more strategies and information about Anxiety, click [HERE](#).