

Signs of stress and anxiety in youth




Add Contact



Learn More

It's not always easy to tell if your children or students are simply having a bad day or are instead experiencing signs of stress and anxiety due to the pressure or uncertainty of going back to school.


Learn how to identify these signs and remember that it's always important to keep open communication with your child or student.



Having bad dreams



Being easily or constantly alarmed or startled



Being excessively tired or fatigued



Being absent from school or not wanting to go to class




Having a hard time resting or sleeping



Constant state of worry or concern



Inability to concentrate or relax



Complaining of stomach aches, feeling unwell or physical pain



Clingy behavior, becoming irritable or tearful

