

Anxiety

While, anxiety is a common behavior at church, we don't always recognize it. Learn the different ways in which anxiety presents and what to do to help.

1. Recognize Anxiety In All Its Forms:

- Behaviors that are caused by anxiety include:
 - Crying
 - Aggression
 - Withdrawal
 - Feeling Sick
 - Bossiness
 - Restlessness
 - Trying for Perfection

Recognize that each of these behaviors should be met with compassion.

2. Understand The Root Cause:

- Anxiety can be calmed when people feel - Understood, In Control, and Safe.

3. Ways To Reduce Anxiety:

- Listen to understand.
- Make expectations clear.
- Give the anxious person a controlled choice of what to do next.
- Create a predictable routine.
- Respect personal space.
- Approach with empathy. Use open body language and a warm tone of voice.

4. Ways To Comfort A Child Who Has Separation Anxiety:

- Answer their questions honestly.
- Offer them a comfort item to hold, like a stuffed animal or favorite toy.
- Give them space, but make sure they know you are right there if they need you.