

The Child Mind Institute -

Generalized Anxiety Disorder in Kids

Most kinds of anxiety in children are about something specific — being left alone, speaking in public, vomiting, or germs. But kids with generalized anxiety disorder, or GAD, worry about things in general: “What if we run out of gas? What if my mom loses her job? What if I get a bad grade?” They tend to fixate on worst-case scenarios and agonize over relatively ordinary situations. And they feel such a strong need to be perfect that they worry excessively that they aren’t doing well enough.

This week on childmind.org, we explore [what GAD looks like in children and teenagers](#), as well as treatment alternatives and steps parents can take to help kids overcome it. We also round up other resources on different ways anxiety can manifest in kids, such as [worrying about being sick](#) when they’re not and [panic attacks](#).

Childmind.org - https://childmind.org/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=child_mind_institute_url_body

What GAD Looks like in Children and Teenagers- https://childmind.org/article/generalized-anxiety-disorder-in-kids/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=generalized-anxiety-disorder-in-kids

Worrying About Being Sick - https://childmind.org/article/kids-who-worry-theyre-sick-when-theyre-not/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=kids-who-worry-theyre-sick-when-theyre-not

Panic Attacks - https://childmind.org/article/panic-attacks-best-treatments/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=panic-attacks-best-treatments

Some useful and informative links and articles.

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How Does Anxiety Affect Kids in School?

https://childmind.org/article/classroom-anxiety-in-children/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=classroom-anxiety-in-children

Anxious Stomach Aches and Headaches

https://childmind.org/article/anxious-stomach-aches-and-headaches/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=anxious-stomach-aches-and-headaches

Kids Who Worry They're Sick When They're Not

https://childmind.org/article/kids-who-worry-theyre-sick-when-theyre-not/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=kids-who-worry-theyre-sick-when-theyre-not

Panic Attacks and How to Treat Them

https://childmind.org/article/panic-attacks-best-treatments/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=panic-attacks-best-treatments

Acceptance and Commitment Therapy

https://childmind.org/article/acceptance-and-commitment-therapy-for-teens/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=acceptance-and-commitment-therapy-for-teens

Guide to Medications for Anxiety in Children

https://childmind.org/article/medications-for-anxiety-in-children/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-10&utm_content=medications-for-anxiety-in-children

The Child Mind Institute makes these free resources available for families everywhere to help children struggling with mental health or learning disorders.