

COUNSELOR NEWSLETTER



Cedar Hill Elementary

WORRYING AND ANXIETY IN STUDENTS

Worrying is a natural state that everyone encounters throughout their life. Kids worry about many different things in their life. However, there is a distinct difference between normal worrying thoughts and anxiety. The Child Mind Institute states, " The difference between normal worry and anxiety disorders is the severity of the anxiety. While feeling anxious is a natural reaction to stressful situations, anxiety becomes a disorder when it interferes with a child's ability to handle everyday situations, or prompts her to avoid things that most people her age enjoy." (Ehmke, 2019).

If a child is experiencing normal worrying thoughts, here is how to help them cope with their worries:

- Acknowledge their feelings
- Discuss the problem with them; try to understand the root of the worry
- Provide facts that may help ease their worry
- Problem-solve with them to see if you can come up with a solution for the worry
- Offer reassurance and comfort
- Be a role model to teach them how to worry

If you feel you have concerns about your child's worrying, your pediatrician is a great resource for you to speak with about the topic.



HELPFUL ARTICLES ON ANXIETY

- [When to Worry about an Anxious Child](#)
- [Helping Kids Handle Worrying](#)
- [Strategies to Help Worried Kids](#)
- [Strategies to Support Anxious Children](#)

HELPFUL MENTAL HEALTH WEBSITES

- [Child Mind Institute](#)
- [Psychology Today](#)
- [National Institute of Mental Health](#)
- [American Psychological Association](#)

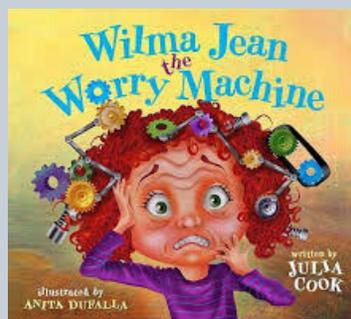




Book of the Week:

"Wilma Jean, the Worry Machine" by Julia Cook.

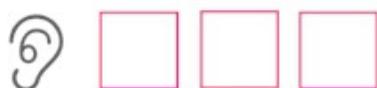
Click the title for a link to the read-aloud!



Activity of the week:

Think of the number of things for each sense. For example, 5 things you can see, 4 things you can touch, etc.

5 4 3 2 1 Grounding Exercise



Quote of the week:

Sometimes you just need to take a deep breath.

I am also available to schedule appointments via phone, Zoom, or Google Meet with parent consent.

COUNSELOR CONTACT INFORMATION

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Available Mondays-Fridays

12PM-1:30PM