**Anxiety Disorders**

 There are several types of anxiety disorders

* **Panic Disorder** is characterized by sudden feelings of terror that occur with no warning. Other [symptoms](http://symptoms.webmd.com/zz-classic-symptomchecker) can include sweating, [chest pain](http://www.webmd.com/heart-disease/tc/chest-pain-topic-overview), palpitations and other physical symptoms.
* [**Obsessive-compulsive disorder (OCD)**](http://www.webmd.com/content/article/60/67109) People with OCD have constant thoughts (obsessions) or fears that cause them to perform certain rituals or routines (compulsions).
* [**Post-traumatic stress disorder (PTSD**)](http://www.webmd.com/content/article/60/67146) can develop following a traumatic event, such as a sexual or physical assault, death of a loved one, or a natural disaster. People with PTSD often have lasting and frightening thoughts and memories of the event.
* [**Social anxiety disorder**](http://www.webmd.com/content/article/60/67144) involves overwhelming worry and self-consciousness about everyday social situations. The worry often centers on a fear of being judged by others, or behaving in a way that might cause embarrassment or lead to ridicule. (also called social phobia)
* [**Specific phobia**](http://www.webmd.com/content/article/60/67135) is an intense fear of a specific object or situation, such as snakes, heights, or flying. The level of fear is usually inappropriate to the situation and may cause the person to avoid common, everyday situations.
* **Separation Anxiety** is extreme stress and worry that occurs as a result of separation from home or an individual
* [**Generalized anxiety disorder**](http://www.webmd.com/content/article/60/67148) involves excessive, unrealistic worry, even if there is little or nothing to provoke the anxiety.

**COMMON SIGNS OF ANXIETYContinue reading below...**

* Consistent or excessive worry about school, friends, family, situations etc
* physical complaints such as headaches, stomachaches, nausea
* Sleeping difficulties, nightmares
* Continually seeking the approval of adults in their life
* Low self-esteem demonstrated by the use of self-depreciating statements
* Lack of confidence, fear of new situations
* Avoidance of social situations, withdrawal from friends and has difficulty making friends
* High absentee rate
* Irritability, mood swings, cries easily
* Some common co-existing conditions may be ADHD or depression.

- See more at: http://www.healthcentral.com/anxiety/c/22705/52585/anxiety-disorder/#sthash.dk8VuKog.dp

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| **STRATEGIES TO REDUCE STRESS FOR STUDENTS**  |
| * Create a learning environment where mistakes are viewed as a natural part of the learning process.
* Provide predictable schedules and routines in the classroom.
* Provide advance warning of changes in routine.
* Provide simple relaxation exercises that involve the whole class.
* Encourage students to take small steps towards accomplishing a feared task.

(Based on information from: CYMHIN-MAD, 2011; Hincks-Dellcrest-ABCs, n.d.)  |

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