

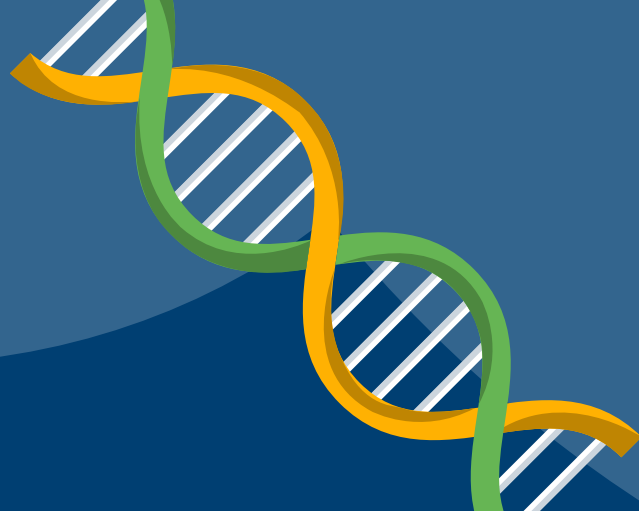
4 CAUSES OF CHILD ANXIETY

(and 4 Ways That Schools Can Help)

Feeling anxious is a normal part of everyday life, but anxiety disorder is much more serious. According to the Mayo Clinic, anxiety is a mental health condition that involves persistent feelings of intense, excessive worry that are strong enough to interfere with a child's daily activities.¹

Long-term anxiety can have terrible consequences — both on schooling and safety. In fact, anxious teens are more likely to develop depression, abuse drugs, and feel suicidal.²

Let's explore four potential causes of anxiety disorder and four effective ways your school district can make a difference.



1 GENETICS

Children who have a close relative with anxiety are two to six times more likely to inherit the condition, as inherited genes make them more susceptible.³

2 BRAIN CHEMISTRY

Neurotransmitters are brain chemicals that tell the body how it's supposed to work. If they're not sending the right message at the right time, children may be more prone to anxiety.⁴



3 ENVIRONMENT

Stressful life events can trigger anxious feelings. These can include the death of a loved one, sickness, bullying, violence, and abuse, among many others.



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4 LEARNED BEHAVIORS

Some kids mimic anxious behaviors because they're around anxious people. Growing up in a family where others are fearful or uneasy can "teach" a child to be the same.



HOW SCHOOLS CAN HELP

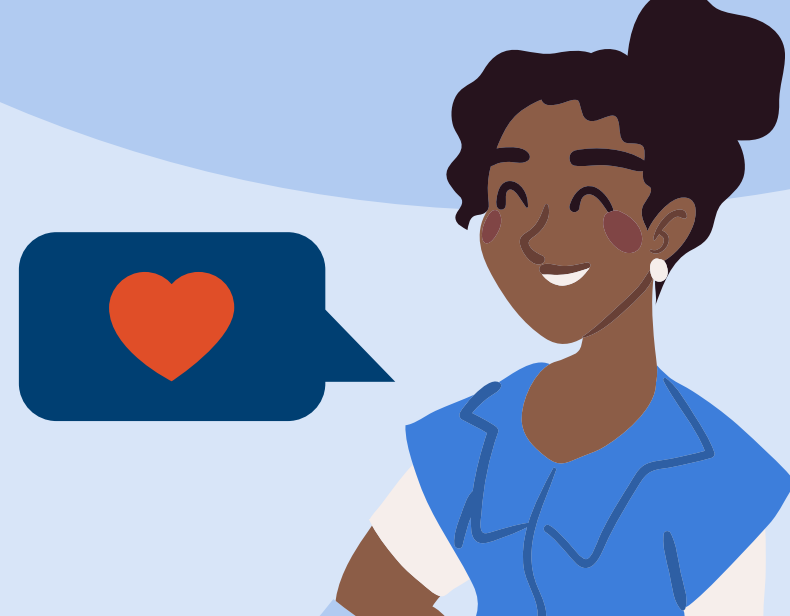


1 TRY SOCIAL EMOTIONAL LEARNING (SEL):

SEL programs teach students mindfulness, problem-solving, conflict resolution, and other skills crucial to managing their emotions. This training can help them overcome anxiety, stay grounded in the moment, and cope with potential stressors.

2 STRENGTHEN SCHOOL CULTURE:

Create a positive, safe, and affirming environment at school. This will help students feel comfortable on campus, mitigate fears, and avoid bullying.

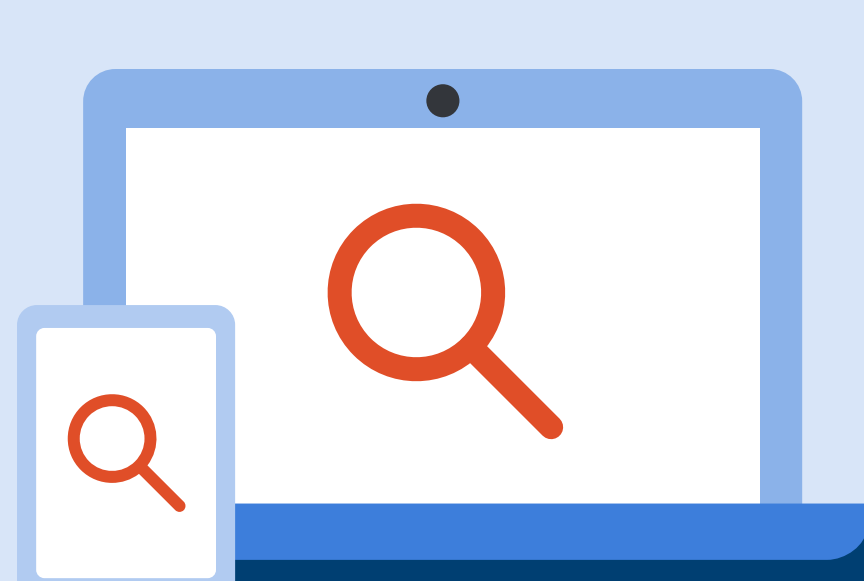


3 PROVIDE MENTAL HEALTH SUPPORT

Schools should be ready to connect at-risk students with proper resources and mental health professionals, ensuring they receive early treatment before it's too late.

4 USE TECHNOLOGY TO YOUR ADVANTAGE

Students are online more than ever and leaving behind a trail of digital footprints. Monitoring tools can help districts identify signs of distress and intervene as quickly as possible.



Mental health and wellness is an increasingly pressing threat to student safety. With anxiety, depression, and other illnesses rising, school districts are being asked to get more involved as a first line of defense.⁵

Fortunately, that's where monitoring tools come into play. From the browser to the cloud, ManagedMethods offers districts intuitive, cloud-based platforms made specifically for the K-12 environment. Using our Cloud Monitor and Content Filter platforms, you can automate safety signal detection and rapidly uncover signs of anxiety, bullying, depression, self-harm, and suicidal ideation.

Ready to get started? **Learn how ManagedMethods can help you protect your students by [requesting a demo](#) today.**

Source:
1. <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>
2. <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/anxiety-disorders-in-children#:~:text=Long%2Dterm%20anxiety%20can%20severely,misuse%20drugs%20and%20feel%20suicidal.>
3. <https://www.goodrx.com/health-topic/anxiety-disorders/is-anxiety-genetic-or-hereditary#:~:text=There%20clear%20research%20showing%20that,than%201%20in%2010.>
4. <https://www.mcleanhospital.org/essential/anxiety-kids-teens>
5. <https://www.edsurge.com/news/2023-02-06-reeling-from-the-mental-health-crisis-k-12-districts-turn-to-telemedicine#:~:text=Concerns%20over%20student%20mental%20health,emotional%20problems%20and%20suicide%20attempts.>
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