

# Just the Facts



youth  
service  
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*Some people appear to thrive under stressful situations—whereas experiencing anxiety causes a person to feel preoccupied, distracted, tense, and always on alert.*

## Stress ...

- **Is normal!**
- Is any situation (positive or negative) that requires adjustment or change
- Comes from pressures we experience in life
- Causes Adrenal gland to release adrenaline, often to face a challenge
- Does not always cause an extreme reaction

Chronic stress can lead to anxiety – too much, for too long, with too little help.

For more info about signs, symptoms and support for Anxiety, visit: [ysb.net/resources](http://ysb.net/resources)

## Anxiety...

- Is the most common mental health problem in children and teens
- Involves excessive amounts of fear, nervousness, worry, and/or dread
- Activates the brain based- “fight or flight” system
- Can lead to a sense of helplessness
- Affects more girls than boys



### Anxiety often “looks” like:

- Frequent stomachaches
- Increase in crying and/or “meltdowns”
- Sleep issues, tires easily
- Unwillingness to try/do activities, go to school, unwillingness to talk
- Nervous movements/twitches
- Increase in frustration or distractibility
- Impatience and impulsiveness
- Changes in eating patterns

*Helping youth and families learn the skills they need to be more successful at home, in school and throughout the community.*

[www.ysb.net](http://www.ysb.net)