

Anxiety in High School Aged Students

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Agenda

1. Introduction
 - a. Who I am
 - b. What I do at CHS
2. What is Anxiety?
3. What it looks like in teenagers
4. Helpings Kids manage
5. Resources
6. My counterparts and other programs at the high school

What is anxiety?

Anxiety is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention. **Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety.**

Fear is an emotional response to an immediate threat and is more associated with a fight or flight reaction – either staying to fight or leaving to escape danger.

Key words: **Anxiety is normal, it is part of human nature**

- Everyone has anxiety but what is your baseline?
- Flight, flight, freeze

The Facts

- Nearly one in three teens will suffer from an anxiety disorder
- In 2020, 12% of U.S. children ages 3 to 17 were reported as having ever experienced anxiety or depression, up from 9% in 2016.
- Overall, 37% of students at public and private high schools reported that their mental health was not good most or all of the time during the pandemic, according to the CDC's Adolescent Behaviors and Experiences Survey, which was fielded from January to June 2021. In the survey, "poor mental health" includes stress, anxiety and depression. About three-in-ten high school students (31%) said they experienced poor mental health most or all of the time in the 30 days before the survey. In addition, 44% said that, in the previous 12 months, they felt sad or hopeless almost every day for at least two weeks in a row such that they stopped doing some usual activities.

- National Survey of Children's Health, the *2022 Data Book*

What are we seeing here at CHS:

- Pandemic, duh!
- Interpersonal Relationships
 - School Avoidance
 - Grades, grades, grades, and did I mention grades?
- Worry over their peers mental health /substance use/choices their making
 - Perfectionist

What you might be seeing at home

- Irritability/Oppositional Behavior
 - Change in sleep patterns
 - Change in eating patterns
 - Expressing fears and worries
- Antsy/Fidgeting, difficulty concentrating or paying attention

CHS SWIP Program School

Places graduate school social work interns into South Orange Maplewood's Columbia High School to provide a full range of counseling services for students and their families. In the 2021-2022 school year there are 11 interns placed from local graduate schools including; Rutgers, Montclair, Seton Hall, Kean and NYU.

The program's goal is to support students who are experiencing social/emotional challenges and to help those students become more available to the learning process. Counseling is provided in individual and group modalities.

[Social Work Intern request form](#)



Sanvello



Smiling Mind



Woebot



Clear Fear



Calm Harm



Aura



Gratitude



Stop, Breathe, Think



Moodflow



Breathe, Think Do



Antistress



Fluid



Insight Timer
Meditation



Dare Anxiety



Daylio



Calm



The Grouchies



Big Dreamers



Belly Biofeedback



Mindshift



PTSD Coach



Presently



The Mighty



The Rainbow
Feeling Bear



What's Up



Simple Habit



Guided Mind



Breathe



Pocket Parent.



Sandbox



Mindful gnats



Mindful Powers



T2Moodtracker



Feel Electric



Triangle of Life



Colorbox

Thank you

Feel free to reach out with any questions
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