

# 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](#)

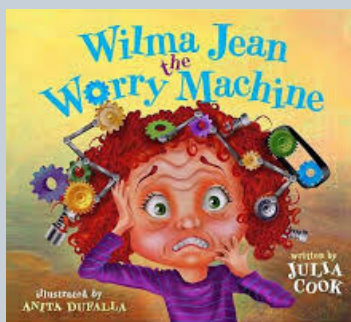




## Book of the Week:

"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.

www.copeland.com

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

## COUNSELOR CONTACT INFORMATION

Email: [jessica.engler@jcschools.us](mailto:jessica.engler@jcschools.us)

Website: [Cedar Hill School Counselor](#)

Phone: (636) 789-1759

Available Mondays-Fridays

12PM-1:30PM