

Anxiety in teenagers

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“ 1 in 5 teenagers have therapy for anxiety” (adaa) Every year there are more and more teenagers that suffer from anxiety, some of them don't know how to manage it, or how to control it.

Very little teenagers have therapy for anxiety and it's hurting them in their daily lives. Teens are unaware of the challenges and obstacles they will face in their daily life. Teens and the Challenges They Will Face Some teenagers do not know how much anxiety can affect their daily life. Many teens suffer from GAD (generalized anxiety disorder) and is excessive anxiety for no apparent reason, “ GAD affects about 6. 8 million Americans a year.

” (healthline) Many teens have Social anxiety disorder, it is a paralyzing fear of social situations and of being judged or humiliated by others. Many teenagers around the world suffer from this and is hurting them negatively. Another challenge they will face is social media, many people on social media will say cruel things and will cause anxiety because of it. Those are some of the many challenges teenagers will face in their life. How To Control Anxiety There are multiple ways to control anxiety, here's a list on how to control it... Get enough sleep.

Your body needs sleep and rest, in order to function better throughout your day. Do your best. Instead of aiming for perfection, be proud of however close you get. Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for

professional help. Learn what causes your anxiety. Is it work, family, school, or something else you think you know what causes it? Look for a pattern.

Those are some ways to control your anxiety, yet again there are a lot more ways to control it, but if you do research and do all those things, it will help you a lot on the future. Anxiety Symptoms Anxiety can come in multiple ways but first, you need to know what anxiety is. “Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.” (Google) Some ways it can come in is... restlessness, difficulty concentrating, irritability, muscle tension, and sleep problems. If you have one of these problems, you probably have some form of anxiety, and you can follow the list above, and it will help you with your anxiety.

There are more severe forms that anxiety can come in. Those are some of the many ways anxiety can come in. Conclusion In conclusion, anxiety can cause a lot of problems, and can ruin your life. In this article you have learned how to manage it, you've also learned some anxiety symptoms, and challenges you can face if they do not manage it properly. I wish that you have learned how to manage it, and learned some symptoms it can bring to your life in a negative way, I hope that you have learned something important and with this, it will help you with life.