

USA TODAY | TECH

BACK TO SCHOOL

2024

50+ GRADE A SUPPLIES & STYLES FOR SUCCESS

EMOTIONAL OVERLOAD



SOCIAL STRESSORS ARE RESHAPING KIDS' MENTAL HEALTH

BY CARI SHANE

It comes to the 24-hour news cycle of school shootings,



"Anxiety is very much a physiological response as much as it is a psychological response. What anxiety is saying is that you are in danger, and then we need to be prepared to either fight this danger or run away from this danger or f..."

“ There's a real sense of v...
trauma it...



Signs of anxiety

- ▶ Avoidance behavior: Avoiding school or after-school activities
- ▶ Clinging to or acting overly attached to parents, especially for teenagers
- ▶ Substance abuse. Experts say substance abuse typically has other symptoms, including anxiety
- ▶ Decline in school performance
- ▶ Panic attacks
- ▶ Trouble sleeping
- ▶ Altruistic/...