



School Anxiety

What you can do to put your child at ease.

From kindergarten age children to adults returning to school furthering their education, anxiety is part of school related stresses that challenge even the best of students. Yet in some cases, students may feel so anxious about school or school life, that they develop accelerated anxiety and fears which can affect them in the classroom or at home.

There are certain ages where transitional changes from routine are more difficult than others. During these times, extra care and support can really assist in reducing stress, creating positive emotional and physical aid.

One of the first problem times is Grade 1 where children changeover from part-time to full-time schooling and from the freedom of play and exploration to working at a desk. During this time parental support and understanding is vital and establishes the foundation to learn.

The second challenging time in a child's life is

When is stress the problem?

Look for the following symptoms which may indicate that it's time for action:

- recurrent stomach ache and or headache
- childlike regression including clinginess, uncontrolled weeping, fear of being left alone or fear of the dark
- recurrent nightmares and difficulty sleeping
- excessive or chronic fatigue
- recurrent bedwetting
- unwarranted anxiety/worry about being hurt or about friends & family being hurt

when they move from elementary to high school. At this point problems are usually more socially related than academic, but anxiety and stress levels can go through the roof as they try to acclimatize new environment, friends, social activities and heavy workloads.

Lastly, the transition between high school and university can put even a top student on guard. Usually a time of first independence and identity building, understandably it makes for challenging times .

Throughout any of these transitional times, it's important not to downplay or undermine your child's symptoms, but rather help to address their issues. A supportive talk can often get them back on track and feeling confident.

If your child refuses to go to school, try to get them back as soon as possible as transitioning them into routine can give them support and stability. If your child is overwhelmed by school work, don't hesitate to get assistance from their instructor or a tutor. When dealing with older children or young adults, try to address the root issue of a problem as opposed to simply focusing on their symptoms.

Prolonged or poorly managed periods of high stress often accelerate emotional problems. While symptoms of recent onset can often be treated effectively at home, it is worth considering in depth constitutional treatment for chronic stress which is more complex and requires an objective viewpoint.

When anxiety and stress create a roadblock in studies or emotional and physical health, look to homeopathic remedies to support and calm the system.

HOMEOPATHIC REMEDIES FOR ANXIETY

Arsenicum can really help restless, anxious and finicky children who dislike situations where they do not have control. These children tend to have very high standards for themselves and others which can often be impossible for them to achieve.

Argentine Nitricum can help nervous, jittery children who may experience trembling and shaking when on edge. In some cases anxiety can even lead constant rambling speech. Look for digestive symptoms where cravings for sugary foods can create upset stomach and diarrhea.

Gelsemium helps children with a tendency to isolate from social situations and become unusually quiet as their stress builds. Normally outgoing and friendly, these children can become withdrawn and preoccupied with upcoming events where they have to perform.

Phosphorus for outgoing, bubbly children who can suddenly lose their energy when anxious and stressed. They are very sensitive to their environments and the people around them, often experiencing sudden anxiety attacks. Easily calmed and soothed with touch and attention, especially from loved ones.