

General and Social Anxiety



**MIAMI LAKES
MIDDLE SCHOOL**

Miami Lakes Middle School
Student services Department

Be mindful of the following

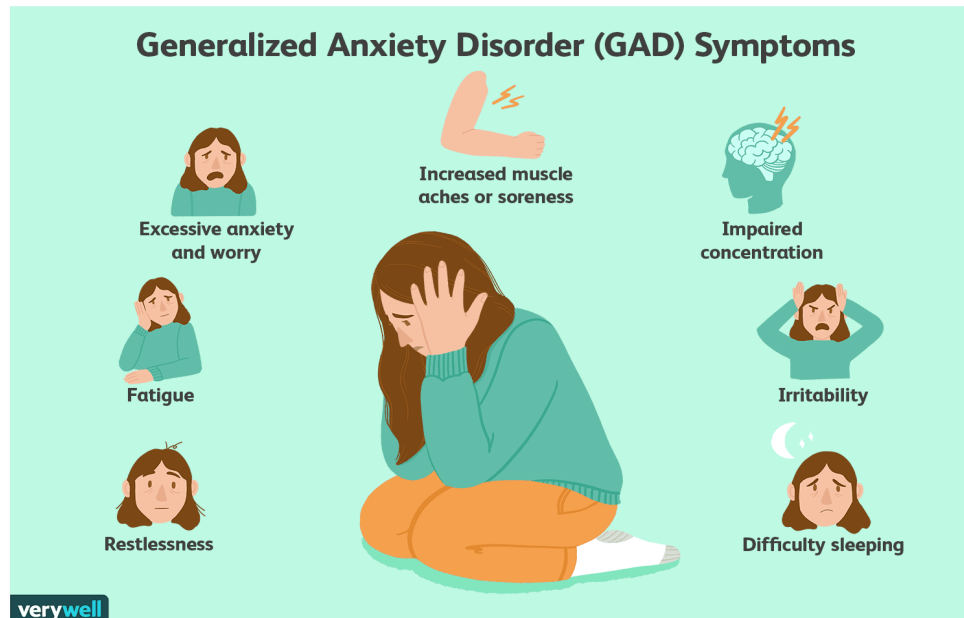
- ▶ Be attentive
- ▶ Please, mute your microphones
- ▶ Be active. If you have a question please let facilitator know by raising your hand. We will have a time of questions at the end of the presentation.
- ▶ Give grace: be polite and respectful to others
- ▶ Be aware of surrounding noise.
- ▶ The meeting will be recorded.



Generalized Anxiety Disorder

► GAD is marked by:

1. Excessive, exaggerated anxiety and worry about everyday life events for no obvious reason.
2. People with symptoms of generalized anxiety disorder tend to always expect disaster and
3. Can't stop worrying about health, money, family, work, or school.



Social Anxiety Disorder (Social Phobia)

► Social Anxiety Disorder is marked by:

1. Fear and anxiety lead to avoidance that can disrupt your life.
2. Severe stress can affect your relationships, daily routines, work, school or other activities.
3. Fear of situations in which you may be judged negatively
4. Excessive worry about embarrassing or humiliating yourself
5. Intense fear of interacting or talking with strangers
6. Expectation of the worst possible consequences from a negative experience during a social situation (Mayo Clinic, 2021)

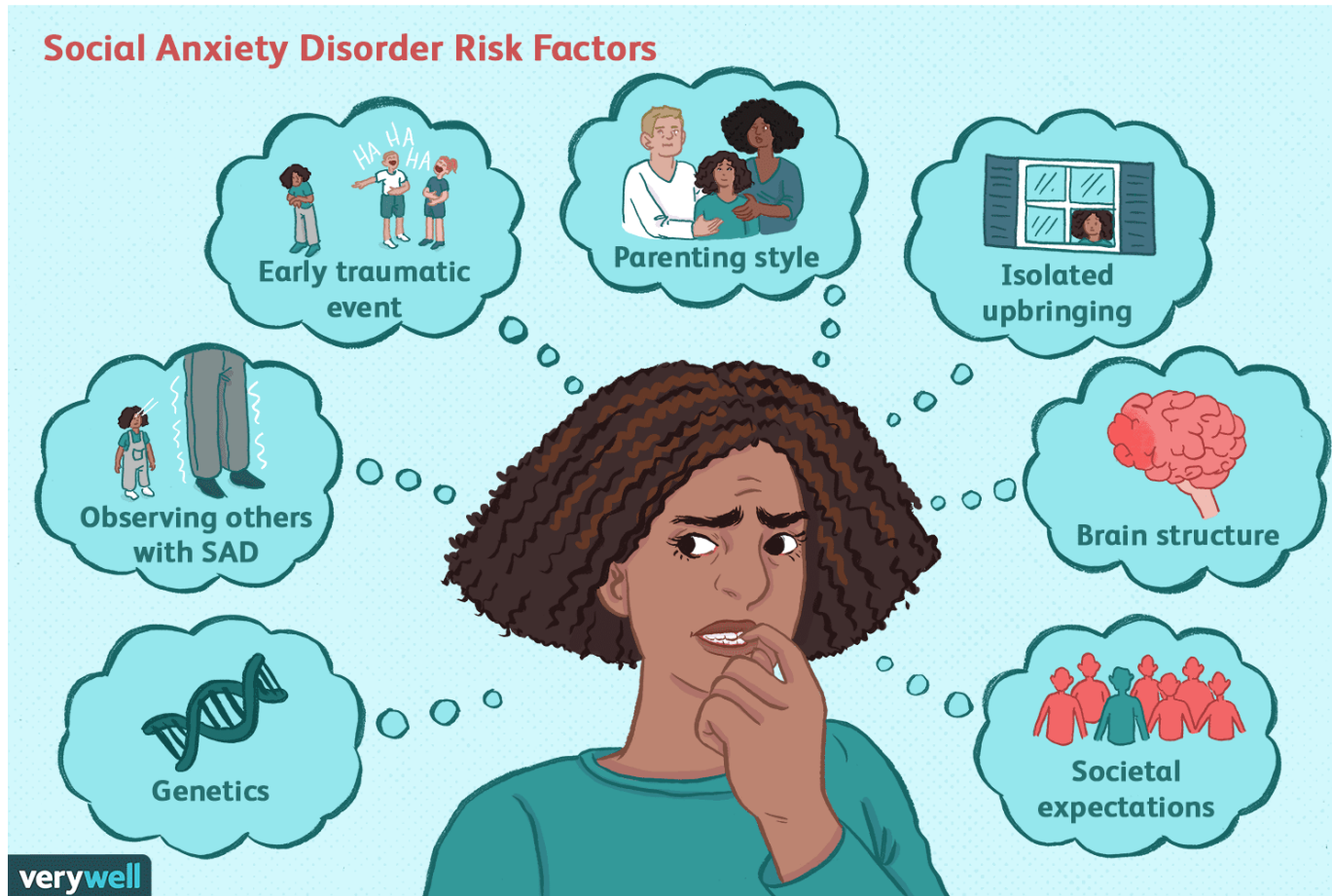


Symptoms of Social anxiety disorder

1. Blushing
2. Fast heartbeat
3. Trembling
4. Sweating
5. Upset stomach or nausea
6. Trouble catching your breath
7. Dizziness or lightheadedness
8. Feeling that your mind has gone blank
9. Muscle tension (Mayo Clinic, 2021)

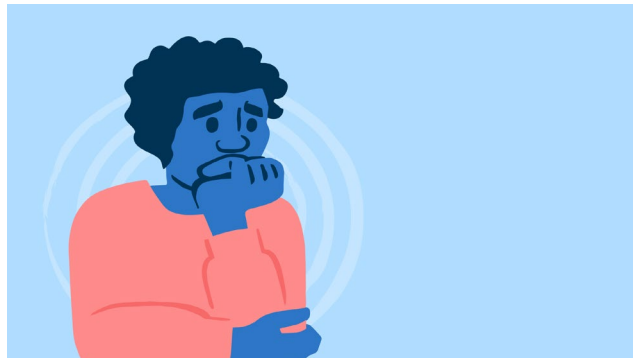


Social Anxiety; Risk Factors



What can Parents do?

1. Teach relaxation strategies: Deep Breathing, progressive muscle relaxation, guided imagery
2. Teach your child to recognize negative thoughts and replace them with positive ones
3. Teach your child to work through feelings of fear and anxiety by developing problem-solving skills. If a child fears public speaking, for example, she can learn to practice several times at home in front of a mirror, have someone videotape her and watch it back.
4. Help your child practice friendship skills. Practice these skills using role play and modeling to help your child feel at ease with peers
5. If social anxiety disorder negatively affects your child's ability to attend school, socialize with peers in or out of school, or affects other areas of functioning, seek professional help.



Questions



Resources

- ▶ Child Mind Institute. Quick Guide to Social Anxiety Disorder:

<https://childmind.org/guide/quick-guide-to-social-anxiety-disorder/>

- ▶ Academic Counselor, Mr. Garcia:

megarcia924@dadeschools.net

(305) 557.3900; Ext 2209

- ▶ Trust Counselor, Mrs. Cianciulli:

vittoriacastro@dadeschools.net

(305) 557.3900; Ext. 2257

- ▶ MDCPS. Mental Health Services:

- ▶ Parent Assistance: (305) 995.7100

- ▶ <https://mentalhealthservices.dadeschools.net/#!/fullWidth/3939>





THANKS FOR
JOINING
US TODAY