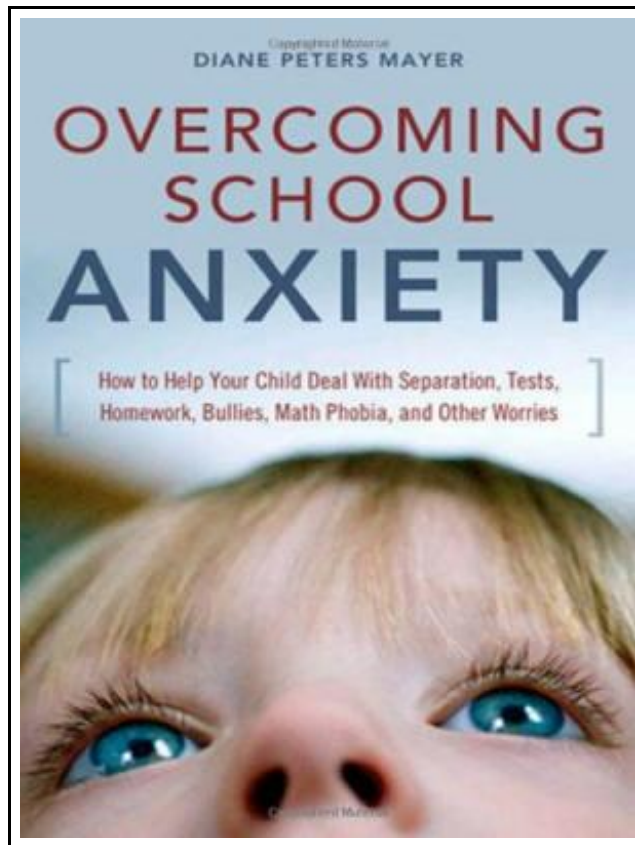


Overcoming School Anxiety: How to Help Your Child Deal With Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries



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Summary: CONTENTSForeword by Deirdre Shaffer xvPreface xviiAcknowledgments xixHow to Use the Overcoming School Anxiety Program xxiCHAPTER 1 - What Is School Anxiety? 1anxiety is a normal aspect of being human - positive and negative effects on mental and physical functioning - definition of school anxiety and discussion of symptoms - causes and effects of school anxiety - short- and long-term effects of school anxietyCHAPTER 2 - Anxiety Is a Mind-Body Experience 10examination of stress and children's reaction to stress - physiological effects of anxiety - discussion of the nervous system - fight-or-flight and relaxation responses - matching physical, mental, and emotional anxiety symptoms to physiological changes - reasons for chronic anxiety - development of an anxiety disorder - guidelines for professional help - list of common anxiety disorders - ways to help children deal with stressCHAPTER 3 - Help! My Child Won't Go to School 20causes and effects of school refusal - discussion of why leaving home can be difficult - childhood fears of parents dying while child is at school - childhood worries about not "fitting in" - definition of separation anxiety disorder (SAD) and its symptoms - guidelines for preventing and easing the anxiety of school refusal - exercises, techniques, and parental guidelinesCHAPTER 4 - My Child Can't Stop Worrying 31sources of childhood worry (testing, homework assignments, teachers, socializing) - explanation of chronic worry and generalized anxiety disorder (GAD) - effects of worry on school performance - tips to help children stop worrying - exercises, techniques, and parental guidelinesCHAPTER 5 - My Child Panics and Avoids Situations 42definition of panic disorders and symptoms - causes and effects of panic - discussion of agoraphobia and its effect on attending school - tips on helping children...

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