

Anxiety in Young Adults: Strategies to Cope with High School

Anxiety, prompted by various daily stressors, is a reality for each of us throughout our lifetime. Most of us develop coping mechanisms to manage anxiety:

- Supportive social communities
- Proper diet, sound sleep, and regular exercise
- Prayer and Bible study

Transitioning to high school is an anxious time for students and parents. CA has put in place the supports to help teens cope with the anxiety that naturally comes with starting high school:

1. **Summer camps** and **freshman retreats** that encourage student connections
2. **Freshman orientation** to build lasting relationships and learn school routines
3. Required **Seminar I** class to prepare students for success
4. **Family Life Groups** that meet year-long to provide multi-grade support
5. **Chapel** talks on emotional issues utilizing faith-based strategies
6. **Guidance Counselor classroom visits** to address academic, social, and emotional needs
7. Regular **Student Success Team** meetings to discuss student needs
8. Teacher training on **recognizing symptoms of mental health issues**

Approximately **8% of children and teenagers** experience the negative impact of an **anxiety disorder** at school and at home (National Alliance on Mental Illness).

“All anxiety disorders have one thing in common: persistent, excessive fear or worry in situations that are not threatening.” (NAMI)

Strategies to deal with a **Diagnosed Anxiety Disorder**:

- Specific, strategic mental health plan that may include alteration of schedule
- Regular counseling with a therapist
- Enrollment in Concordia Academy’s Resource Program (**must qualify**)
 - Active IEP or 504
 - Medical Diagnosis
 - Prior Special Instruction
 - Proven Academic Low Performance (D’s and F’s)

Email **Resource Program Director Diane Bisping** at diane.bisping@concordiaacademy.com for more information.

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