



ANXIETY, The New Normal?

Robb Genetelli
Dean of Students
Landmark School



ROBB'S PREMISE ABOUT ANXIETY

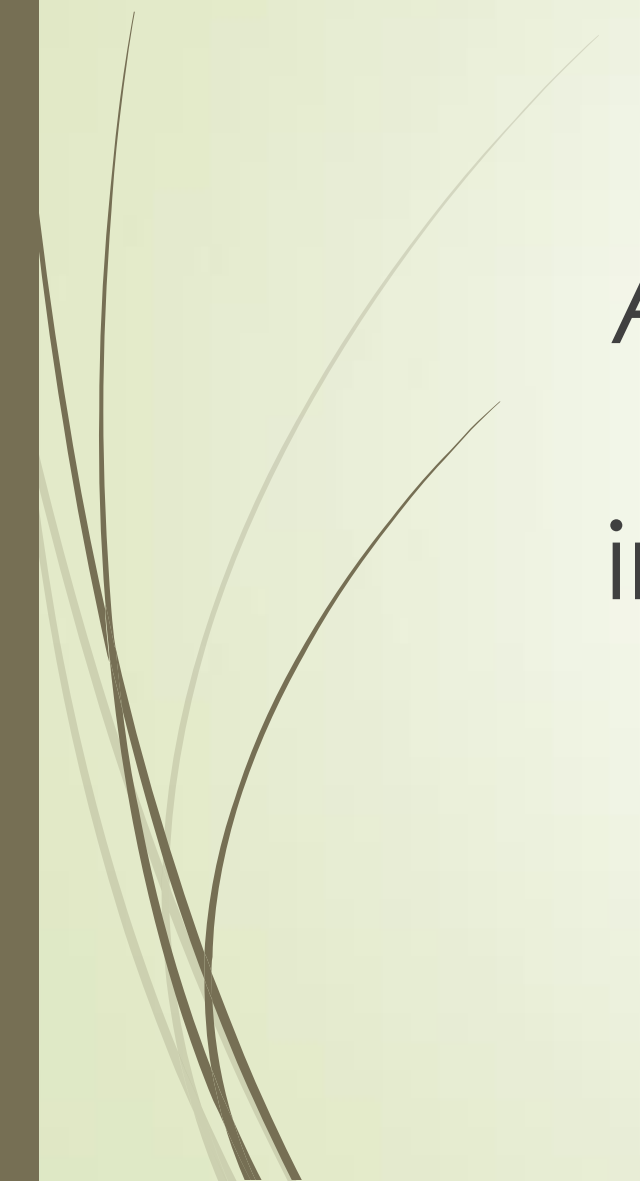
Over the past ten years I've seen an explosion of anxiety and anxiety related disorders become part of student profiles.

I wondered **why** or rather **what** was happening in our world that could have such a profound shift in adolescent development.....



ANXIETY

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.



COVID-19





COMMON TYPES OF ANXIETY DISORDERS

Panic Disorder

Social Anxiety Disorder

OCD

PTSD

GAD



TWO KEY FACTORS

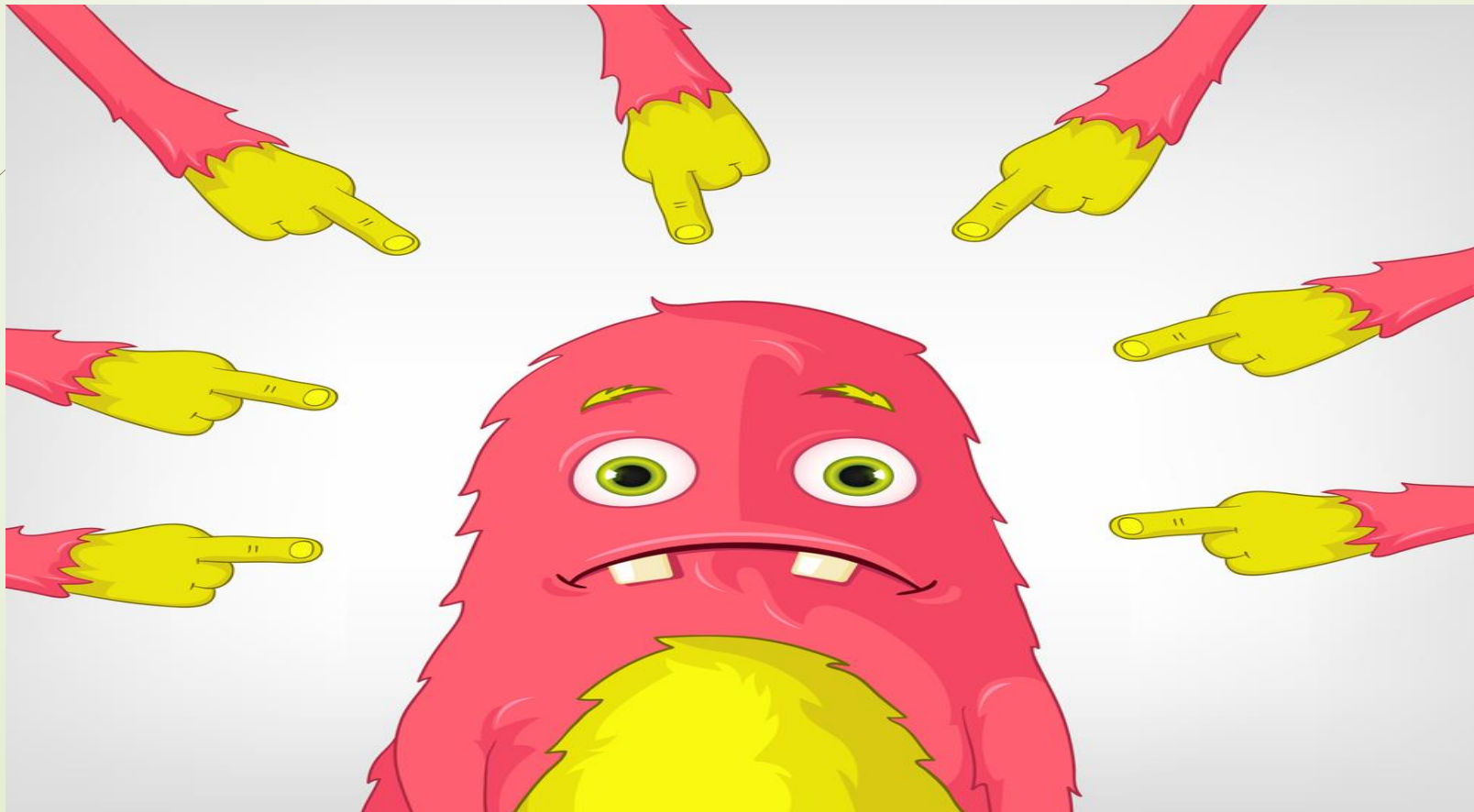
FEAR

Emotion in response to imminent threat, real or imagined

ANXIETY

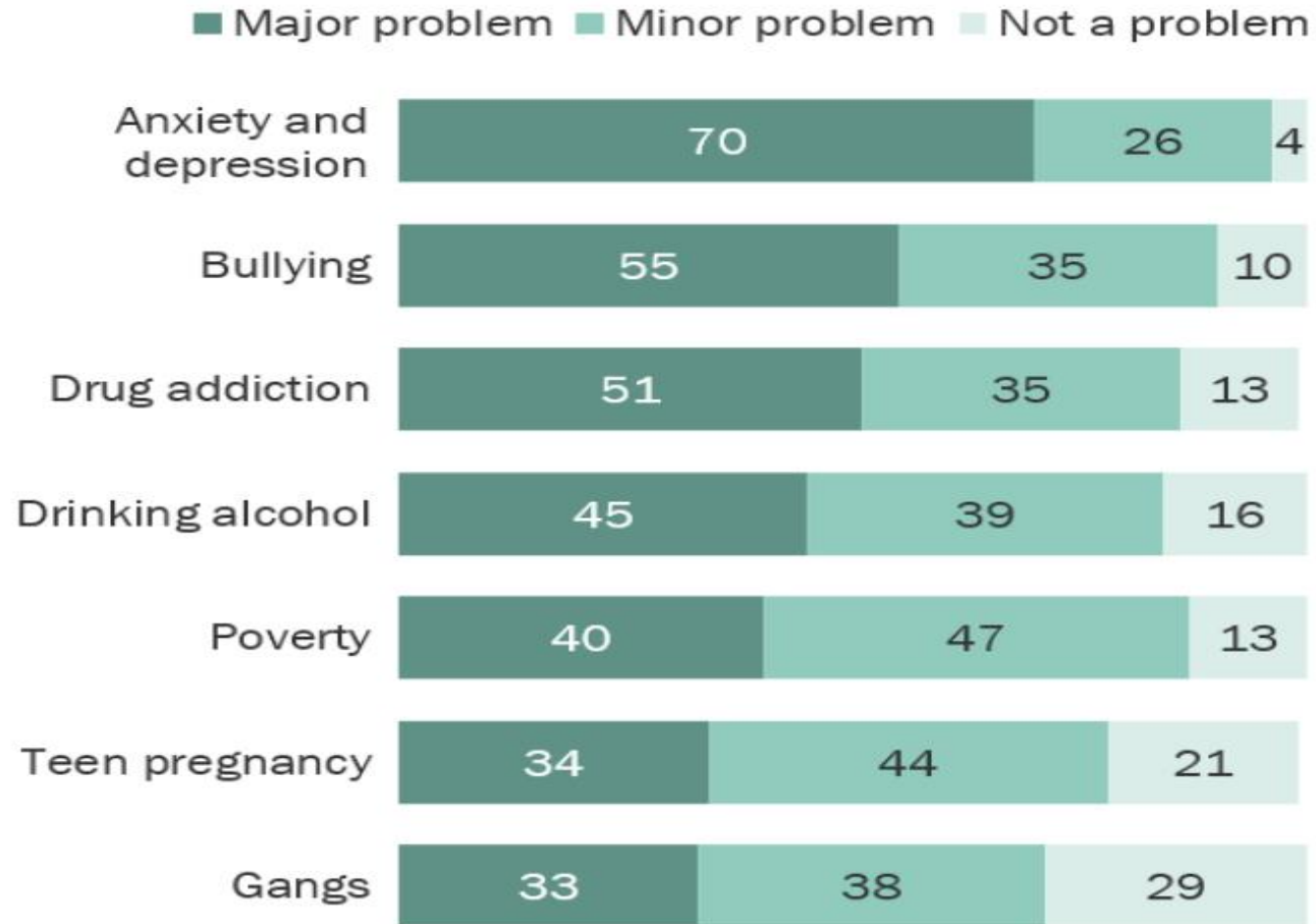
Emotional state in anticipation of potential future threat, real or imagined

EVER FEEL LIKE THIS?



Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a ____ among people their age in the community where they live



PEW RESEARCH CENTER



TIMELINE OF ANXIETY EXPLOSION

SELFIE 2010 (over 259 deaths)

TWITTER – 2006...2010

INSTAGRAM -- 2010

SNAPCHAT -- 2011

FACEBOOK -- 2004

FACEBOOK MESSENGER -- 2011

TIK TOK -- 2018



BEHAVIORAL MANIFESTATIONS OF *ANXIETY*

Edginess or restlessness

Tiring and increased fatigue

Lower concentration

Irritability

Increase of somatic complaints

Difficulty Sleeping



BEHAVIORAL MANIFESTATIONS OF TEENAGERS

Edginess or restlessness

Tiring and increased fatigue

Lower concentration

Irritability

Increase of somatic complaints

Difficulty Sleeping



REMEMBER

Anxiety responses are like snowflakes

everyone is unique

come in different sizes

can stay around for awhile

sometimes light, sometimes heavy

can add up to more

