



La salud mental de los niños importa

SÍNTOMAS DE LA ANSIEDAD INFANTIL



Síntomas emocionales

- Nerviosismo
- Preocupación constante
- Miedo o temor desproporcionado
- Cambios frecuentes de humor
- Sensibilidad emocional elevada

Síntomas cognitivos

- Dificultad para concentrarse
- Pensamientos catastrofistas
- Autoexigencia
- Rumiación sobre situaciones pasadas o futuras
- Dificultad para tomar decisiones

Síntomas físicos

- Problemas de sueño
- Dolores de cabeza o de estómago frecuentes y sin causa médica
- Falta de energía
- Sensaciones de tensión muscular o malestar físico
- Aumento o disminución del apetito

Síntomas conductuales

- Evitación de situaciones o actividades temidas
- Dificultad en el rendimiento académico
- Aislamiento social.
- Comportamientos de dependencia
- Necesidad de buscar seguridad

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Ansiedad Infantil

A Gutmann



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