



How Teen Girls Deal With Anxiety

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Argyle, Texas ? Roots Renewal Ranch, a substance use and mental healthcare facility for teen girls in Texas, has just published an article about how today?s teens are managing anxiety. According to Mental Health America, Texas ranks 46th in the nation for mental illness in teens. It also ranks last in terms of options for mental healthcare. Almost three-quarters of teens state that they are managing mental health alone and without treatment.

Most teens admit to living with some anxiety. However, anxiety disorders blow everyday worries out of proportion, causing individuals to ruminate and spiral into long-lasting feelings of fear and outright panic. This can impede a teen?s ability to function in school, form healthy relationships, or set optimistic goals. When everyday worries turn into an anxiety disorder, it?s important to seek treatment immediately.

The most common types of anxiety disorders include generalized anxiety disorder, panic disorder, social anxiety disorder, and phobia-related disorders. Some teens may harbor one or more of these mental health conditions without anyone knowing about them. Roots encourages parents to reach out to their teens frequently to provide support and a safe space for their children to talk openly about their feelings.

Signs of anxiety in teen girls can include low self-esteem, changes in grades, moods, or behaviors, avoiding

social interactions, and feeling afraid to make mistakes or fail. Many teen girls managing untreated anxiety will also self-isolate, which means they won't have many friends or interests. They may also be afraid to participate in hobbies they once enjoyed. All of these signs will get worse over time without mental health treatment.

The side effects of anxiety disorders can be severe in some cases, as well. Teens may feel restless, irritable, nervous, scared, and tired. They may also have difficulty sleeping and concentrating. Additionally, they may notice the signs of panic attacks, like a racing heartbeat, sweating, sweating, hyperventilating, or tremors. Many teens do not wish to open up about the severity of the anxiety they're experiencing, either because they're facing stigma or worried about letting their parents down.

Dealing with teen mental illness can be scary [for parents], but it's a common occurrence, the article states. According to the Centers for Disease Control, 9.4% of children between the ages of 3 and 17 were diagnosed with anxiety between the years of 2016 and 2019.

There are many reasons why teens are managing anxiety, and it can be hard to narrow it down to just one. Life factors, like trauma or bullying, can play a key role in the development of mental health conditions. Genetics have also been known to indicate the risk for potential anxiety disorders.

When trying to help a teen with anxiety, Roots Renewal Ranch recommends therapy to pinpoint where the anxiety started. Roots works with teens to identify the triggers of their anxiety, form healthy coping strategies, and heal from past traumas. Their approach is growth-based, as they believe learning is the key to developing a strong sense of self. They utilize animal therapy, outdoor activities, spiritual guidance, and a classroom atmosphere in a safe residential environment.

Anyone who is interested in inpatient rehabilitation for teen mental health or substance use can contact Roots Renewal Ranch at 888-399-0489 or visit their website.

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For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch
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Roots Adolescent Renewal Ranch

Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.

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