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Hello everyone, this video we are going to talk about anorexia in winter time. So what is anorexia? It's this period between childhood and adulthood. Do you know that 50 % of all cyclosomal disorders start before 14? These disorders can start even because of the stress the person is going through or even because of genetic warranties. So if your family members have any sort of these diseases, it's better to focus on seeing the signs in your child as well. So what could be the possible signs? During this period, if genes are involved and if stress is present in the child's life, they might develop mental health issues. Now what sort of stress could a child face in this stage of life? If they are experiencing potato, death of a parent, and peer pressure, physical or sexual abuse, or even nidretal pain. Stress of this kind could lead to mental health issues. Now what are the signs? The signs could be excessive phone usage, substance abuse or evil academic nick-names. You could also see excessive concern about body image and steep disturbances past pregnancy. If you start noticing your child having an explosive anger, disregard to obey your orders, you might also start noticing emerging personality traits issues. This could be antisocial personality disorder or borderline personality disorder. These traits, you can start seeing them during childhood that you just find that they're not going away or even worsening with age. Apart from these things, OCD also develops in this stage. This could be seen in your child rereading or rewriting the same paragraphs again, maybe worrying about germs and contamination and getting diseases from panopys. You might also notice signs of psychosis. During this disorder, you might see them being very suspicious. and being very paranoid and having very explosive anger, you might start noticing that they have hallucinations and deductions. So it's very important that you see the science that you go and talk to a professional about it. So what can a parent do to correct their child's down to any of the mental health issues? You can start this by having effective and consistent parenting styles. and having good social supports and friends, family, teachers and peers at school. If you find yourself or your child experiencing these issues, it's important that you maintain communication and dialogue with them and make it open space and safe space for them to communicate these issues with you. And once you find that you cannot tell if these signs are normal or not, it's best to go to a professional. so they can give the care to child with these legs.