

# Zarabi Psychological Health, LLC

## CHRONIC ILLNESS IN CHILDREN

### Chronic Illness

- Ex. Diabetes, Irritable Bowel Syndrome, Asthma, etc.
- Affects between 15% and 18% of children and adolescents in the United States

### Emotional Aspects

- Feeling rejected by peers
- Isolation
- Anxiety
- Depression

### Warning Signs for Depression Include:

- Apathy
- Irritability
- Disturbed or excessive sleep
- Loss of or decreased appetite

### Coping Strategies:

- Relaxation strategies (controlled breathing, deep muscle relaxation, guided imagery)
- Cognitive strategies (Problem solving, reframing of physiological sensations, mindfulness – body/symptom awareness)
- Education (Age appropriate information about illness)
- Modeling (Peer experiences)

### Resources:

Living Well: Chronic Conditions (Series)

Toilet Paper Flowers: A Story for Children about Crohn's Disease -Frank Sileo

The Psychology of Chronic Illness: The Healing Work Of Patients, Therapists, And Families -Robert Shulman

Dr. Michael C. Zarabi is a licensed psychologist and certified school psychologist who works with children, adolescents, adults and families.

In addition to chronic illness, he treats conditions such as anxiety/mood disorders, ADHD, and learning disabilities.

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