

## School Refusal or “My Stomach Hurts”

If mornings bring panic or physical symptoms, anxiety may be speaking through the body.

### What this is

Anticipation anxiety — not manipulation.

### Why it shows up

- Fear of evaluation or social stress
- Previous overwhelm stored in memory
- Uncertainty about the day

### What to try this week

1. Break tomorrow into **three predictable points**
2. Identify one safe adult or space
3. Focus on arrival, not the whole day

### When to get support

If avoidance increases, anxiety tools must come before attendance pressure.

### Recommended tools

- **Happy Core Program** (anxiety regulation)
- **More Than Behavior™ Letter: Dear Teacher**

Safety comes before success.

If this helped even a little, you’re on the right track.

When you’re ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →