



More than 30,000 Americans have Williams syndrome **The condition occurs in 1 of every 10,000 births worldwide**

Mild to severe anxiety is common at all ages and often increases in adults with Williams syndrome. Some scientists feel that the overly-friendly behaviors in those with WS are actually defensive coping strategies to ease anxiety in those with Williams syndrome.



In fact, happy social interaction with friends, teachers or family can often help ease moments of anxiety for many individuals. Helping those with Williams syndrome learn appropriate social boundaries is important. Routine and structure, as well as therapeutic anxiety treatments can help, and medication is often useful.

