



ANXIETY/WORRY

Worry tends to be a whole lot of thoughts that come one after another, about events in the future or in the past and can make you anxious.



ANXIETY CAN TRIGGER:

Increased Heart Rate



Feel something bad will happen

Feeling upset, on edge or angry



Head Aches



Tired and weak



Struggle to breathe



Struggle to sleep



Upset Tummy



Dry Mouth



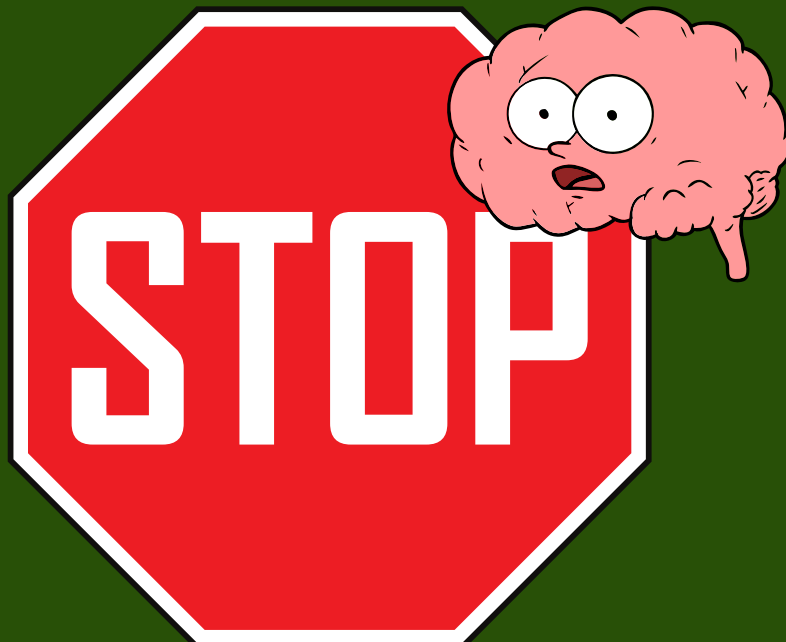
Sweating



WORRY



When you feel worried



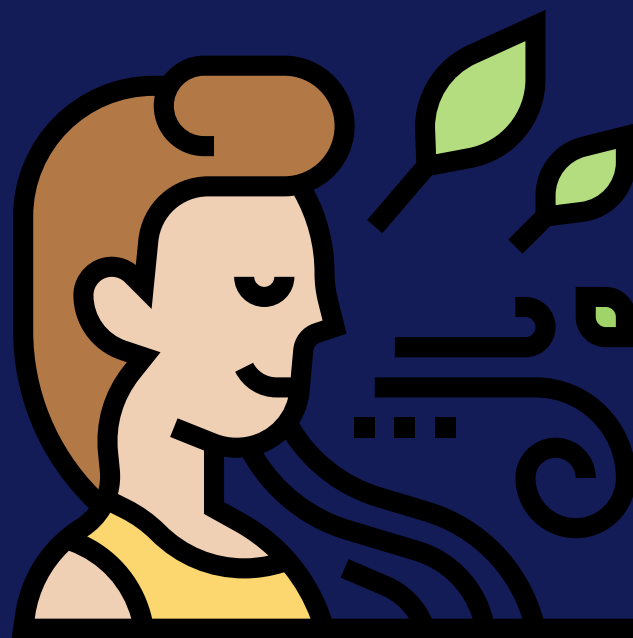
Negative Thoughts



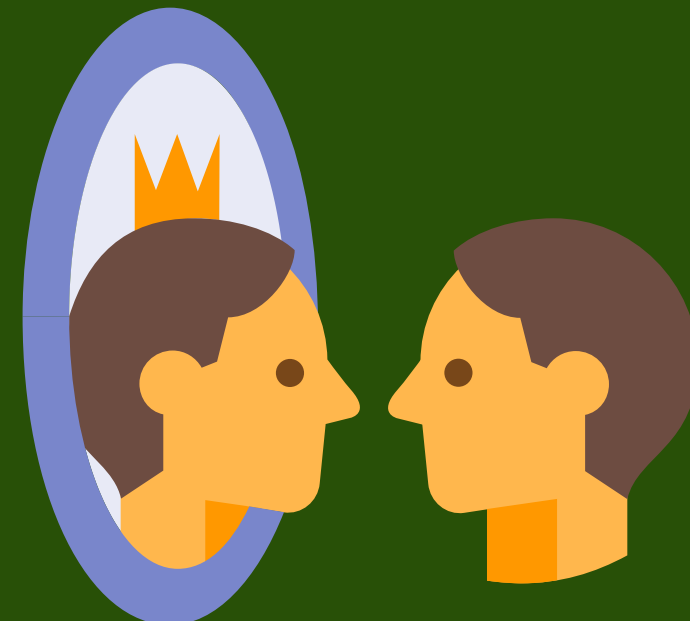
Talk about problems



Take time out



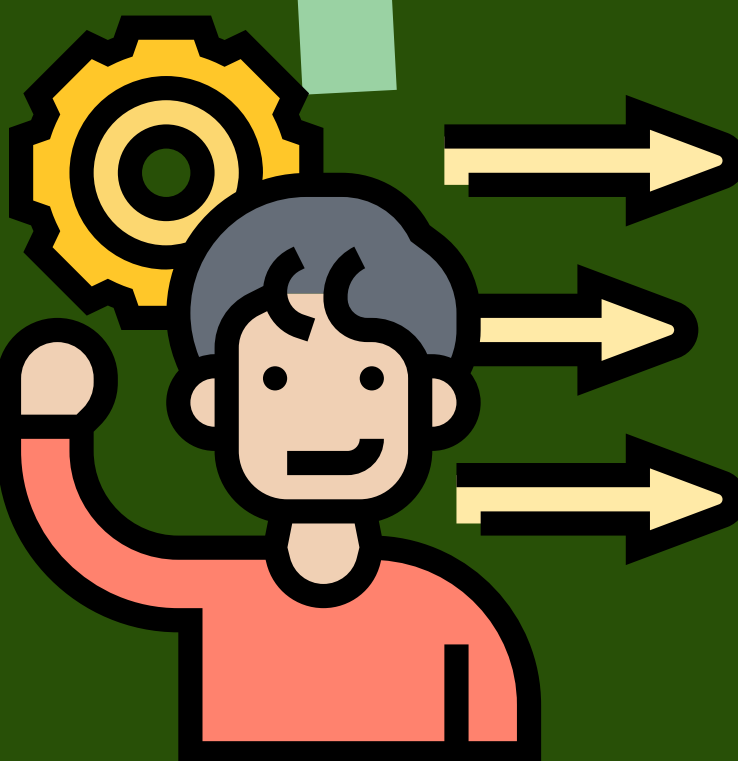
Take deep breaths



Positive Self Talk



Write Down Worries



Write Down Solutions



Exercise