

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. Worrying about things can make you anxious.

Anxiety can trigger:



Increased
Heart Rate



Feeling upset,
on edge, angry



Feel something
bad will happen



Head Aches



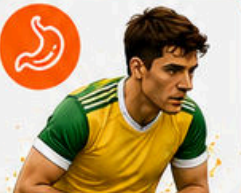
Tired and
weak



Struggle to
breathe



Lying awake,
can't sleep



Upset
Tummy



Sweating



Dry Mouth



HOW TO BEAT WORRY



**TAKE
NOTICE**

When you
feel worried



Negative
Thoughts



Talk about
problems



Take time
out



Take deep
breaths



Positive
Self Talk

TEXT
TEAMMATE
85258

here for you 24/7
Powered by Shout

ChildLine
0800 1111

You can talk about
anything. Online,
on the phone,
anytime.



**BE KIND.
BE RESPECTFUL.
BE A TEAMMATE.**



PLAY TOGETHER. SUPPORT EACH OTHER. STRONGER TOGETHER.

