


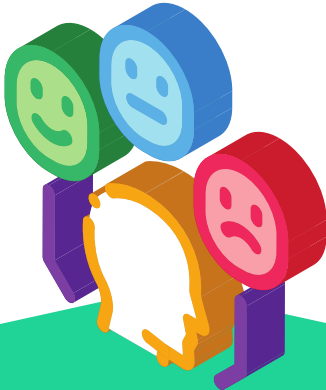


# ANXIETY/WORRY


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



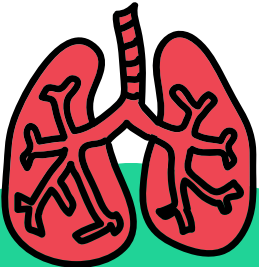
Feel something bad will happen




Head Aches




Tired and weak



Struggle to breath



Struggle to sleep



Upset Tummy



Sweating

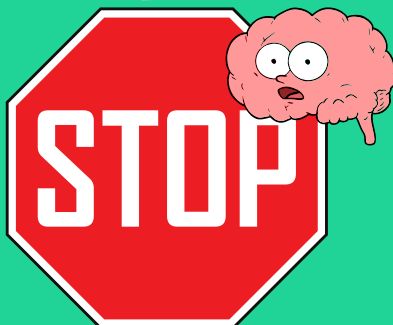


Dry Mouth

# WORRY



When you feel worried



Negative Thoughts



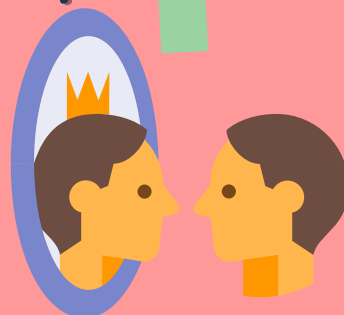
Talk about problems



Take time out



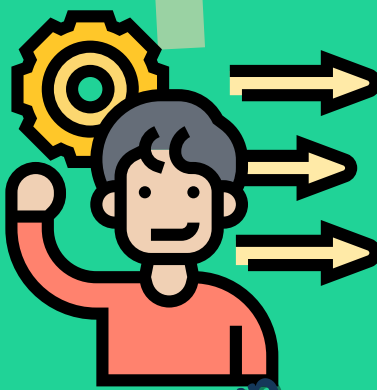
Take deep breaths



Positive Self Talk



Write Down Worries



Write Down Solutions



Exercise