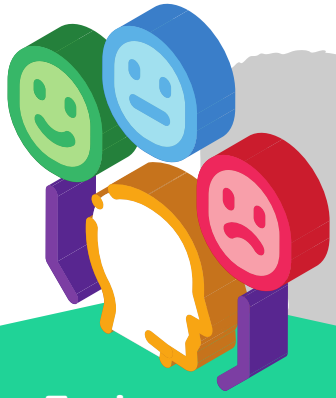
ANXIETY/WORRY

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

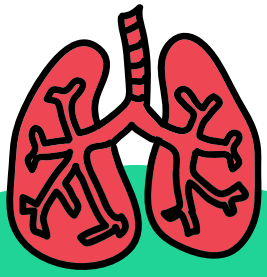


Feeling upset, on edge, angry

Feel something bad will happen

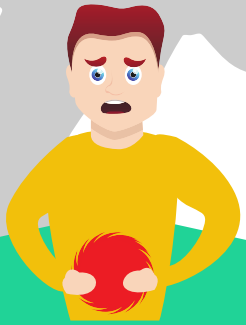
Head Aches

Tired and weak



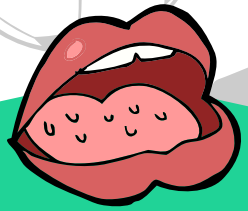
Struggle to breath

Struggle to sleep



Upset Tummy

Sweating



Dry Mouth

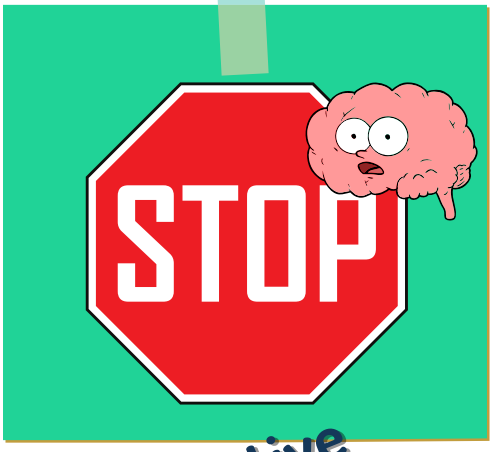
MENTAL HEALTH CHARITY
T.A.M.H.I

How to beat

WORRY

MENTAL HEALTH CHARITY
T.A.M.H.I

When you feel worried

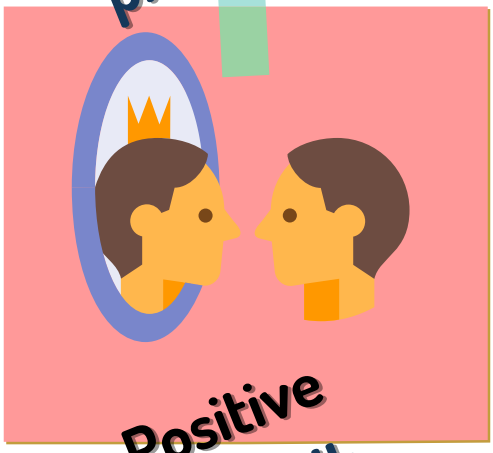


Negative Thoughts

Talk about problems

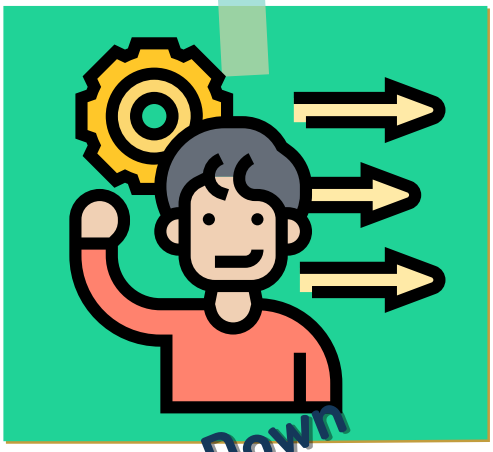
Take time out

Take deep breaths

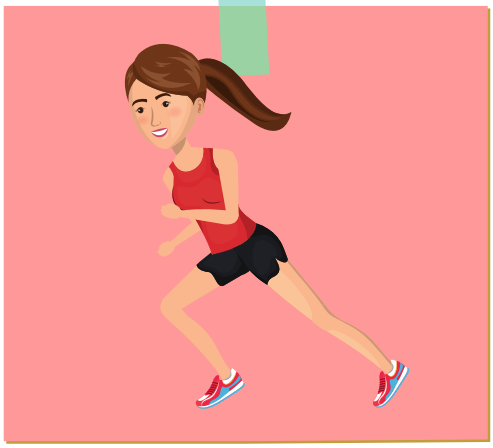


Positive Self Talk

Write Down Worries



Write Down Solutions



Exercise