

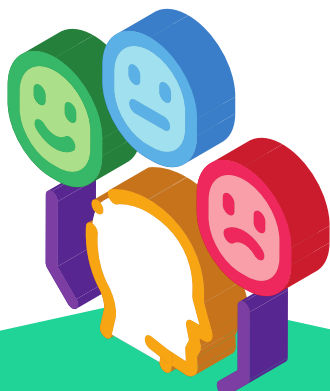


# ANXIETY/WORRY

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



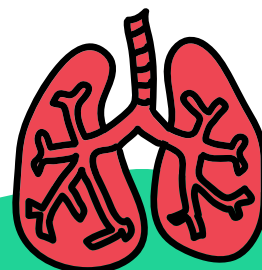
Feel something  
bad will happen



Head Aches



Tired and weak



Struggle to  
breath



Struggle  
to sleep



Upset Tummy



Sweating

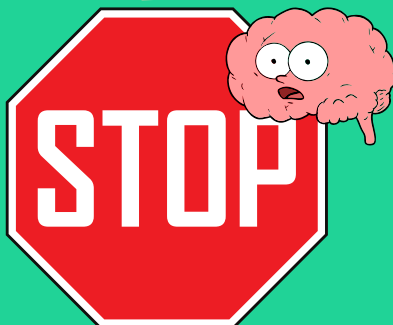


Dry Mouth

# WORRY



When you feel worried



Negative Thoughts



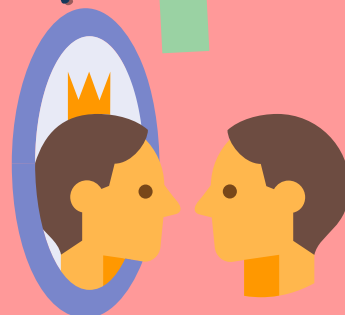
Talk about problems



Take time out



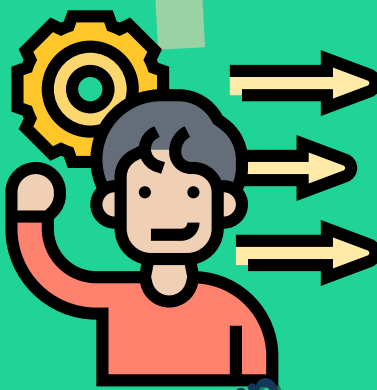
Take deep breaths



Positive Self Talk



Write Down Worries



Write Down Solutions



Exercise