



SCFC

# 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



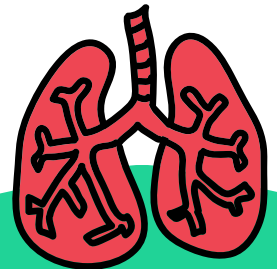
Feel something  
bad will happen



Head Aches



Tired and weak



Struggle to  
breathe



Struggle  
to sleep



Upset Tummy



Sweating

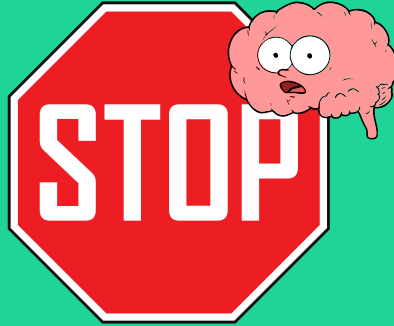


Dry Mouth

# WORRY



When you feel  
worried



Negative  
Thoughts



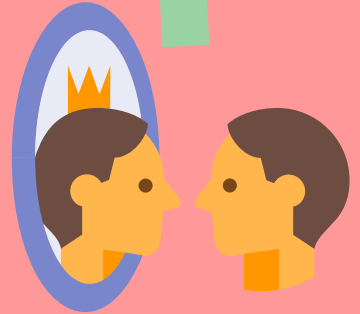
Talk about  
problems



Take time  
out



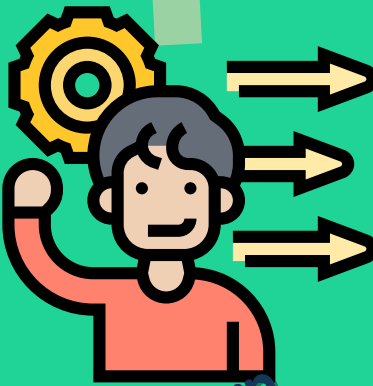
Take deep  
breaths



Positive  
Self Talk



Write Down  
Worries



Write Down  
Solutions



Exercise