

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





WORRY

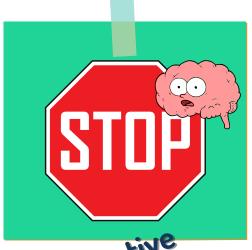


worried



out

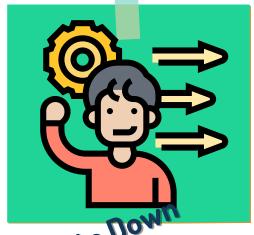




Negative Thoughts



breaths



Write Down Solutions



Talk about problems





Exercise