



# 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



How to beat

## 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