

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



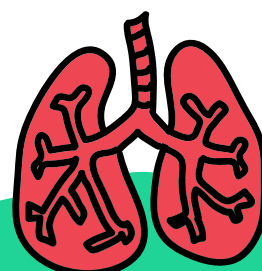
Feel something
bad will happen



Head Aches



Tired and weak



Struggle to
breathe



Struggle
to sleep



Upset Tummy



Sweating

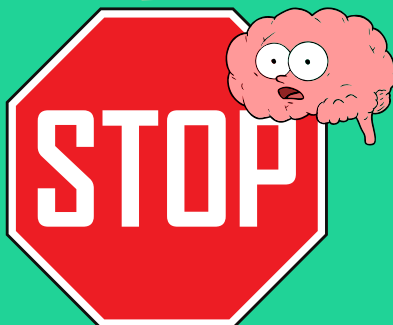


Dry Mouth

WORRY



When you feel worried



Negative Thoughts



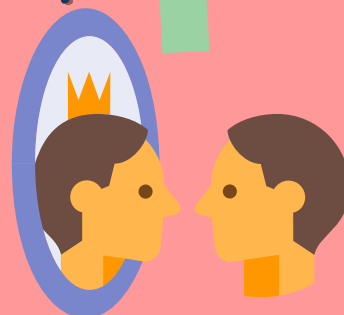
Talk about problems



Take time out



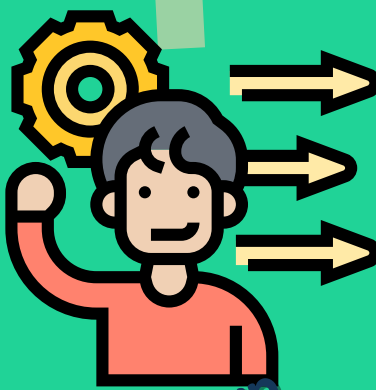
Take deep breaths



Positive Self Talk



Write Down Worries



Write Down Solutions



Exercise