



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



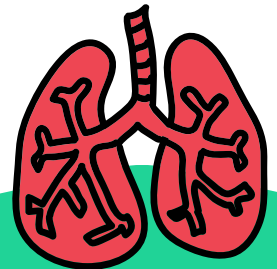
Feel something
bad will happen



Head Aches



Tired and weak



Struggle to
breathe



Struggle
to sleep



Upset Tummy



Sweating



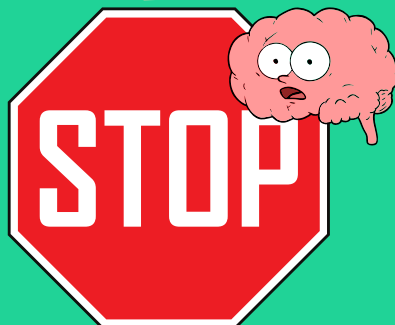
Dry Mouth



WORRY



When you feel
worried



Negative
Thoughts



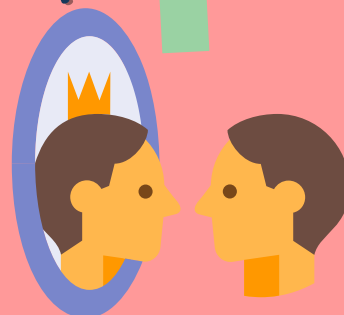
Talk about
problems



Take time
out



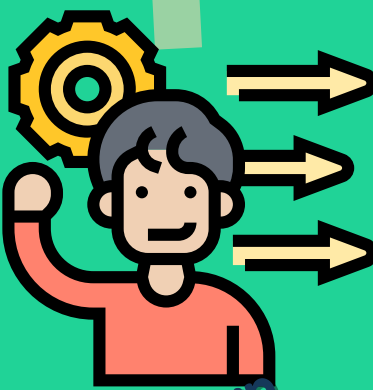
Take deep
breaths



Positive
Self Talk



Write Down
Worries



Write Down
Solutions



Exercise