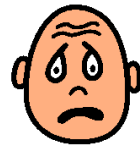


## Anxiety and Worry



Anxiety is another word for worry.

It is normal for people to worry and feel anxious sometimes.

But if the feelings of worry become too strong, or go on too long they can stop us from doing things we want to or make us angry:

Anxiety/worry can:



Make us feel tired



Make us have difficulty concentrating



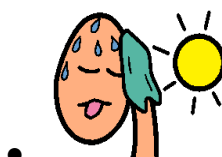
Make us feel irritable or easily annoyed



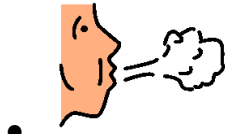
Make it difficult to sleep well.



Make our heart beat quicker or unevenly



Make us sweat



Make us breathe heavily



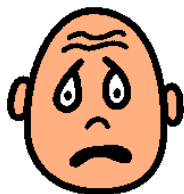
Make us dizzy



Make us feel sick



Make us want the loo



**Sudden bursts of worry are called panic.**

At these times we will have the feelings above very strongly. This is called a panic attack.

This can make us feel like we want **to get out** of the situation we are in.

When you are worried or think that you are in danger



Your body gets ready either:



Run away from the danger:



Stay very still



Or Fight

So, for example...

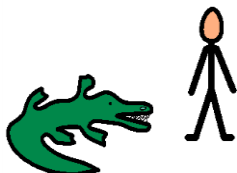
If we came across a hungry crocodile you might first try to run.



If there was nowhere to run you could fight back!



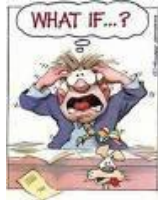
Sometimes, your body might tell you to just stand still (freeze) and hope the crocodile doesn't see you!



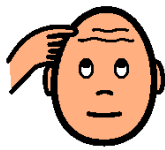
Sometimes our bodies do this when there is no real danger, just our worrying thoughts!!



What can you do to stop anxiety or worried.



- Talk with someone about what is worrying you.

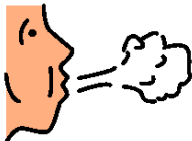


- Think very carefully about the worry.
- Is something bad **really** going to happen?
- Are you thinking it is more serious than it actually is?

## Relax



Learning to relax is very useful.



This can be through breathing techniques



or thinking about nice things.

It is a good idea to practice this EVERY DAY, not just when you are feeling bad.

If a worry keeps going round in your head it can be helpful to write it down.



Some people have "worry books" and a special time to talk about their worries.

Once they have written the worry down they can then forget about it until their special talk time.