

EMOTIONAL LITERACY POSTERS: Anxiety

BODY SIGNALS

JITTERY

Buzzy feeling, your body wants to move or fidget.



WORRIED

Intrusive thoughts, feeling a bit unsafe. Heart beats faster.



TERRIFIED

Racing thoughts, short breaths, you want to run or hide.



WHY WE FEEL IT

Anxiety is a feeling that happens when our brain tries to prepare us for something scary or unsafe, by thinking about it before it happens. It's not always helpful though.

TRIGGERS

- thinking we will do badly at something
- wondering if someone will be upset with us
- not knowing if we're safe
- doing something we've never done before

HOW TO PROCESS IT

FIND A ROCK OR LEAF



ASK FOR HELP



COLD WATER ON FACE/NECK



5 BREATHS



HUM / SING



 Feelings are messages from our body. Listening helps us take good care of ourselves!