EMOTIONGUIDE: 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 when our brain tries to prepare us for something that might be dangerous or unsafe. It does this even if the danger isn't real, it's just in our imagination!

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

SEARCH FOR A ROCK/LEAF



ASK FOR HELP



COLD WATER ON FACE/NECK



5 BELLY BREATHS



HUM / SING



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

Lydia Fox