

Anxiety



NEURODIVERSE
MADE

How your body feels:

NERVOUS:

You want to lower your chin and sigh. Sparks prickle in your chest.



WORRIED:

Your arms want to cross. Your voice wants to get louder. A fire burns in your chest.



PANICKY:

Your jaw and fists clench up. Tears come out. There's hot lava in your chest!



Why do we get anxious?

We think we will do badly at something

We are asked to do something and we don't know how

We feel like we're in trouble

We are around someone who doesn't make us feel safe

We are scared of being hurt

We have not had enough sleep

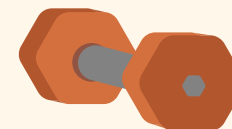
Ways to process anxiety:

HUM OR SING



GET MORE NIGHT SLEEP

SIT QUIETLY & JUST BREATHE



DO VIGOROUS EXERCISE

MESSAGE YOUR FACE



Feelings aren't bad! They are messages. Listening to them helps us take care of ourselves.

Lydia Fox