

HELPING YOU UNDERSTAND
ABOUT

ANXIETY



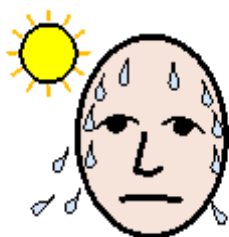


THINGS YOU MIGHT FEEL



HEADACHE

You might get a pain in your head and it might last a long time



SWEATING

You may feel shaky, hot or cold and clammy



TIRED

Problems sleeping or bad dreams.
Feeling tired.



FEEL MOODY

Getting angry with people and feeling unhappy. Wanting to cry.



THINGS YOU MIGHT FEEL



FAST BREATHING

Breathing too quickly which can make you feel dizzy. Your heart thumps faster



FEEL DIZZY

You may be dizzy, wobbly and feel sick



SMOKING, DRINKING MORE ALCOHOL AND TAKING ILLEGAL DRUGS

Start smoking or smoking more.
Drinking too much alcohol. Using illegal drugs



SELF-HARM

Nail biting, picking wounds and flesh, change in appetite, scratching and cutting



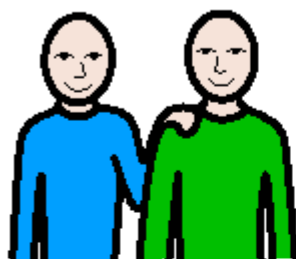
helping yourself



HEALTHY DIET



EXERCISE



**TALKING TO FRIENDS ABOUT
PROBLEMS**



**MAKE TIME TO DO THINGS YOU
ENJOY**