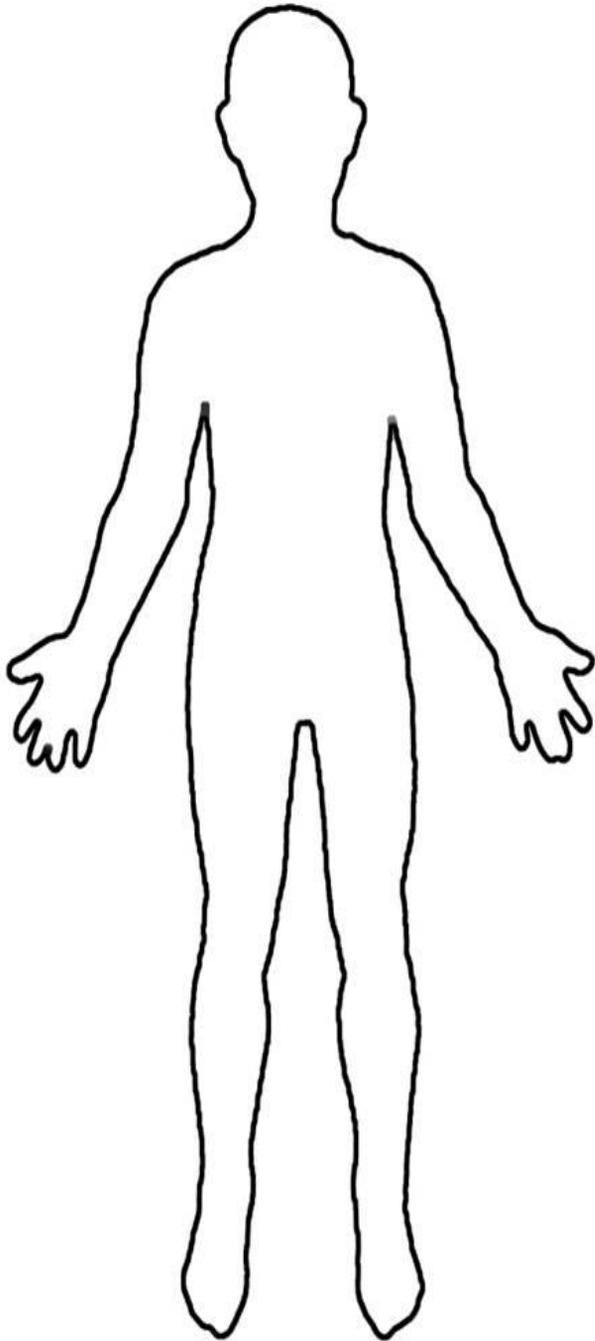


# Anxiety

Anxiety can also be called worry, stress, nervousness or panic.



# How does anxiety make your body feel?



When you are anxious you might notice some different feelings in your body.

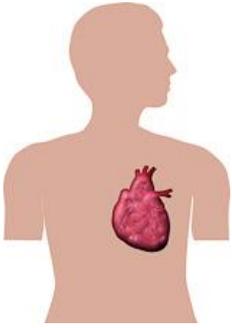
Your body will produce something called adrenaline.

Adrenaline is a hormone in the body which is made when we are scared or excited. It helps the body to react in an emergency.

**How does your body feel when you are anxious?**

Write this on the picture.

# People feel lots of other things too when they are anxious. Some of these are:



**Fast**

Faster heart beat



**Fast**

Faster breathing



Tense muscles



Shaking



Feeling dizzy



Sweating



Lots of people do not like these feelings. They worry that it will make them sick. They worry that these feelings are dangerous.

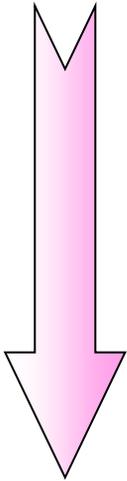


But these feelings in our body are not dangerous.



They will not hurt you and you will be OK!

# Feeling anxious can be linked to what we are thinking.



What we think

can affect

how we feel.

## Situation:

My friend Anna said she was going to phone me this afternoon. It is now 8 o'clock and Anna has not phoned

If I think.....

“Anna has not called.  
She must not be  
speaking to me”.

I would feel .....



**Sad**

If I think.....

“Anna has not called.  
She must be having a  
busy day”

I would feel .....



**Relaxed**

## Situation:

My partner dropped my mobile phone. The screen cracked. The phone was now broken.

If I think.....

“He did that on purpose”

If I think.....

“It was an accident. He did not mean to do it. I can get it fixed”

I would feel .....



**Angry**

I would feel .....

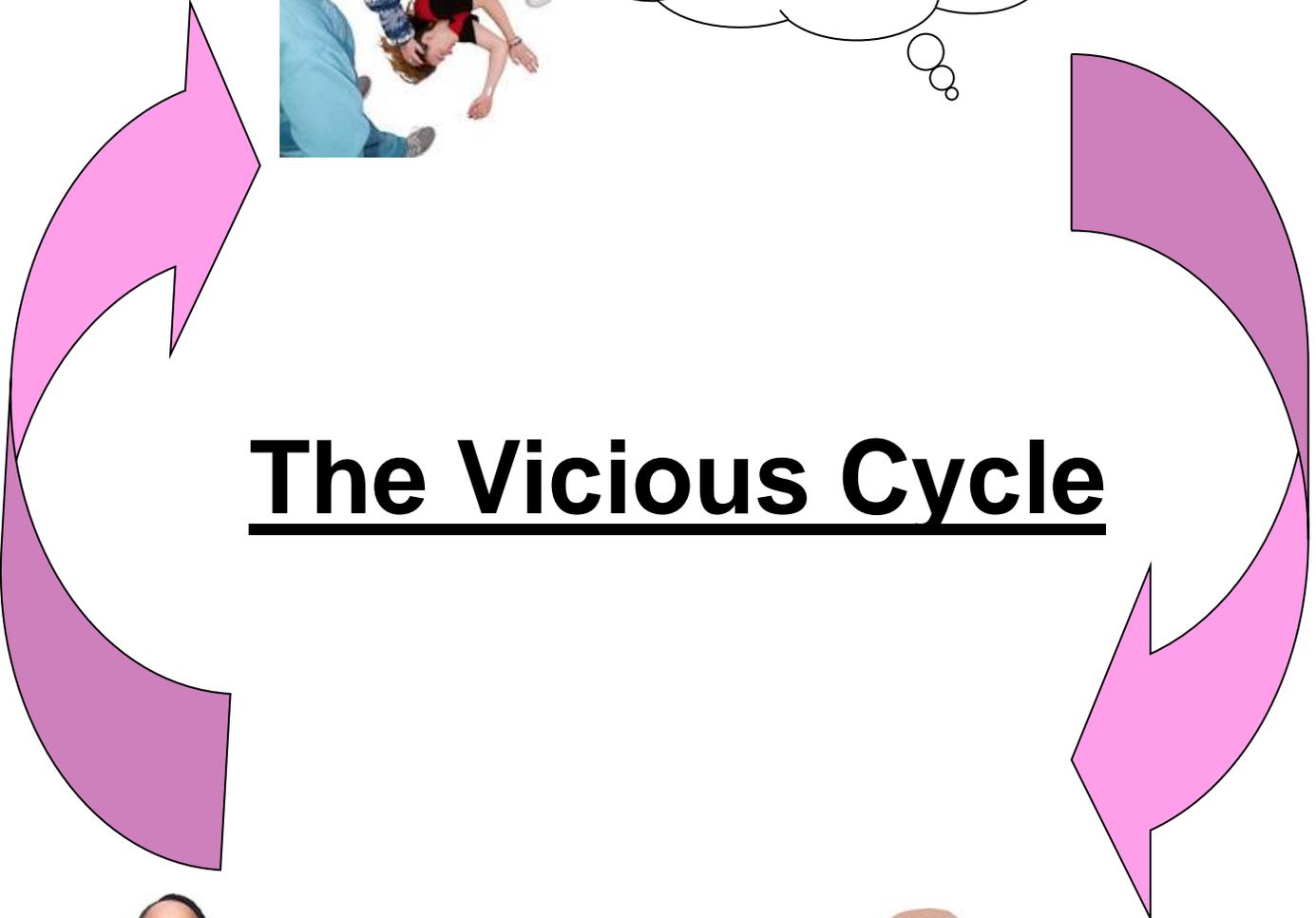


**OK**

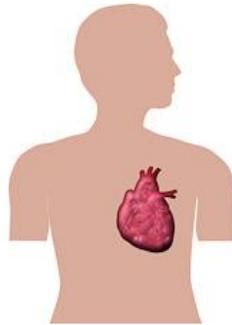


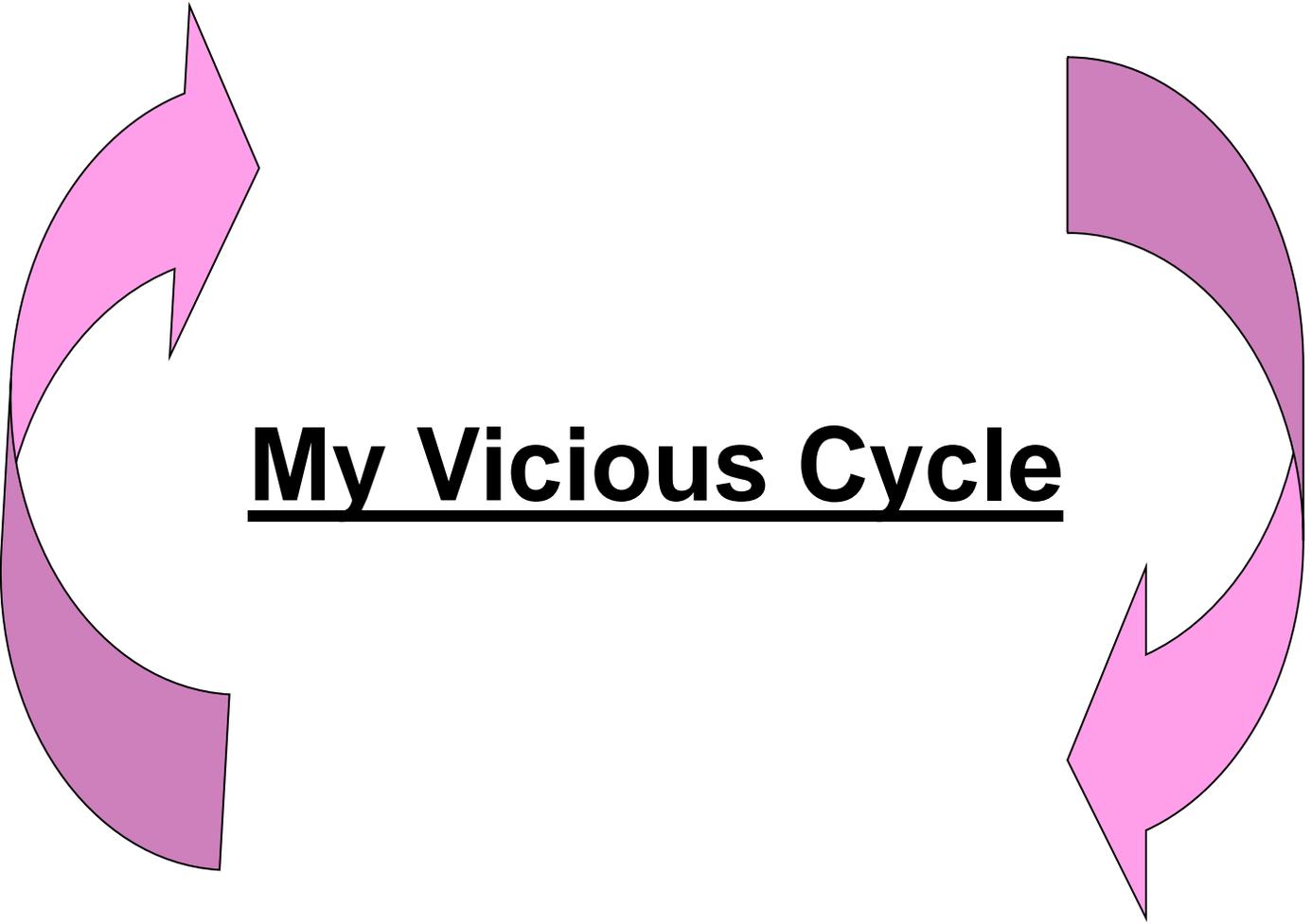
"I am going to faint"

# The Vicious Cycle



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# My Vicious Cycle