

# When I Feel Anxious

Able2LEARN



When



I

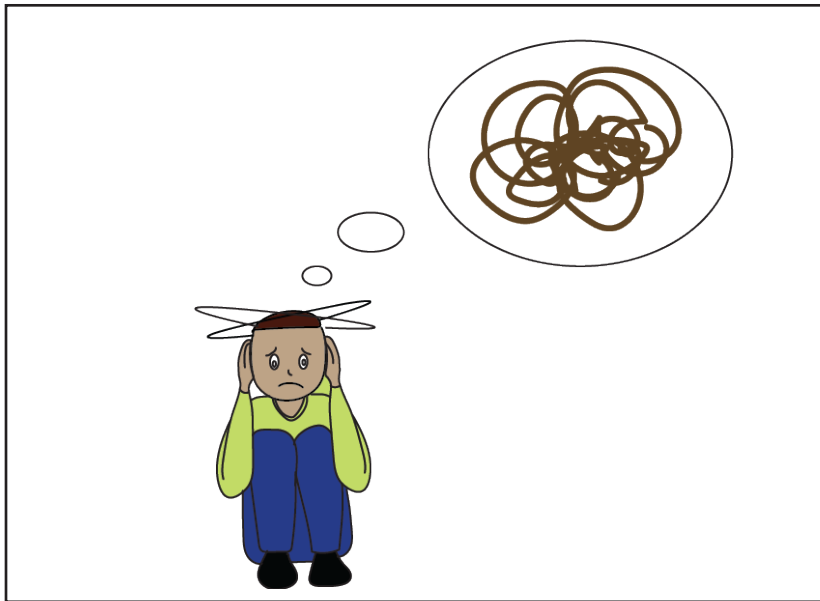









Feel





Anxious

When I feel anxious, I may not feel good about something.



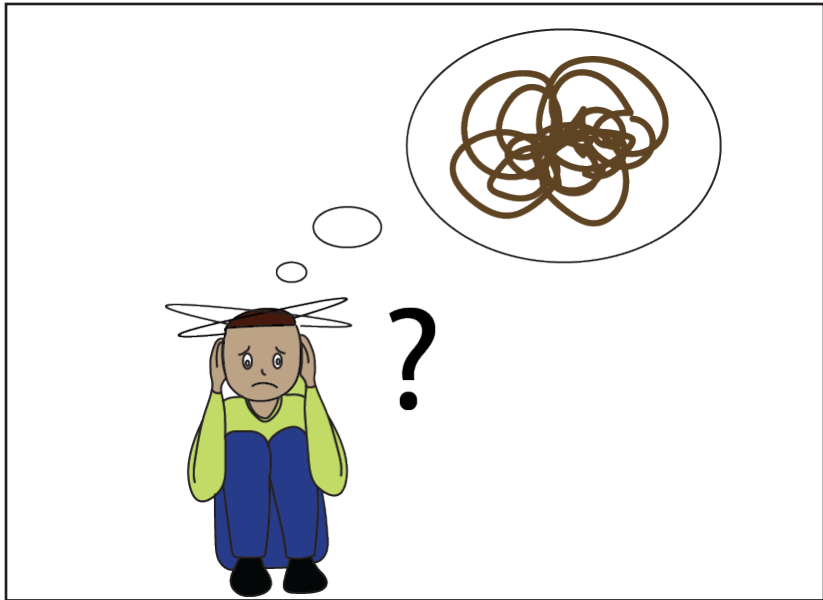








When I feel anxious, I may not feel

good about something.

I may not always know why I am feeling anxious.



I may



not



always



know



why



I am



feeling



anxious.

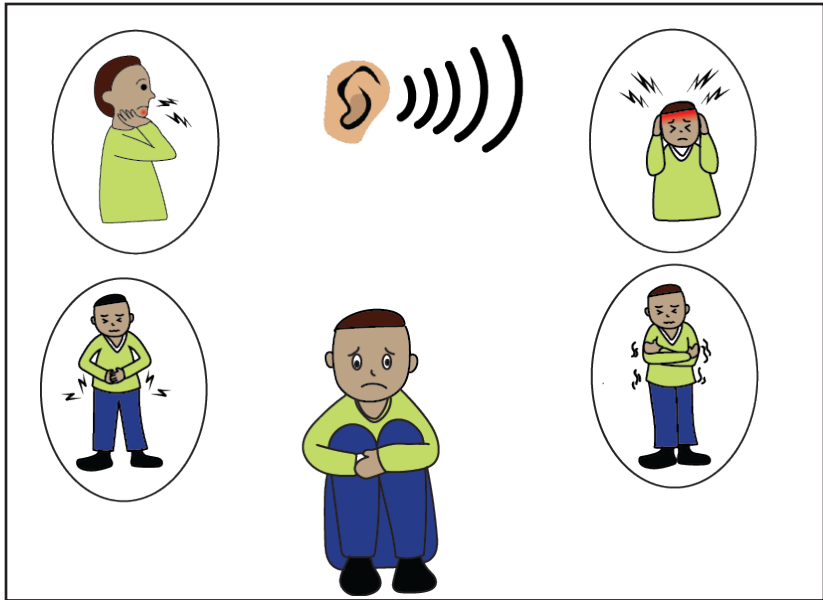
This is okay.



**OK**

This is okay.

When I feel anxious, I need to listen to my body.



When

I

feel

anxious,

I

need

to



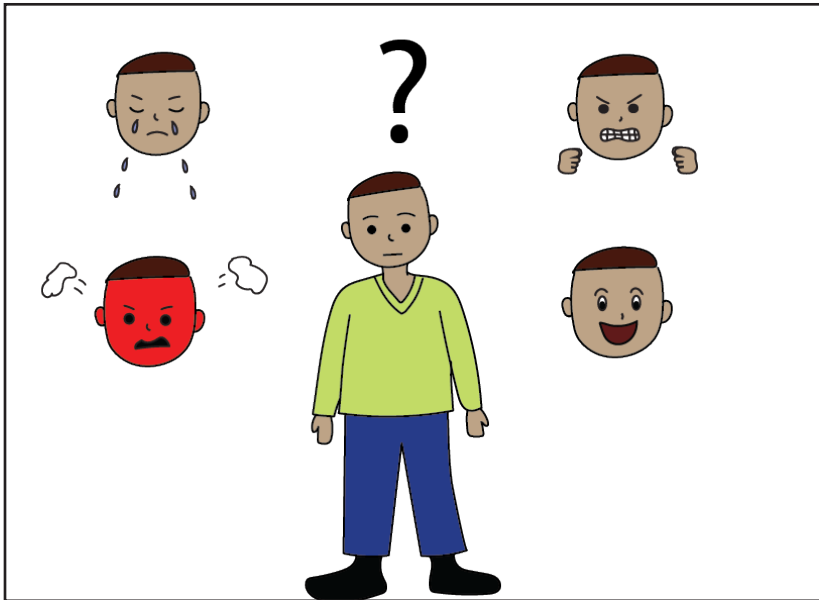
listen

to

my

body.

I need to stop and understand my feelings and what my body is saying.



I need



to



stop

and

understand



my



feelings

and



what



my



body



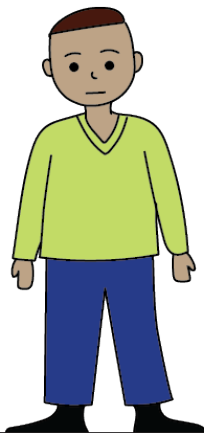
is



saying.

Understanding my feelings Is important.

How do I feel?



Understanding

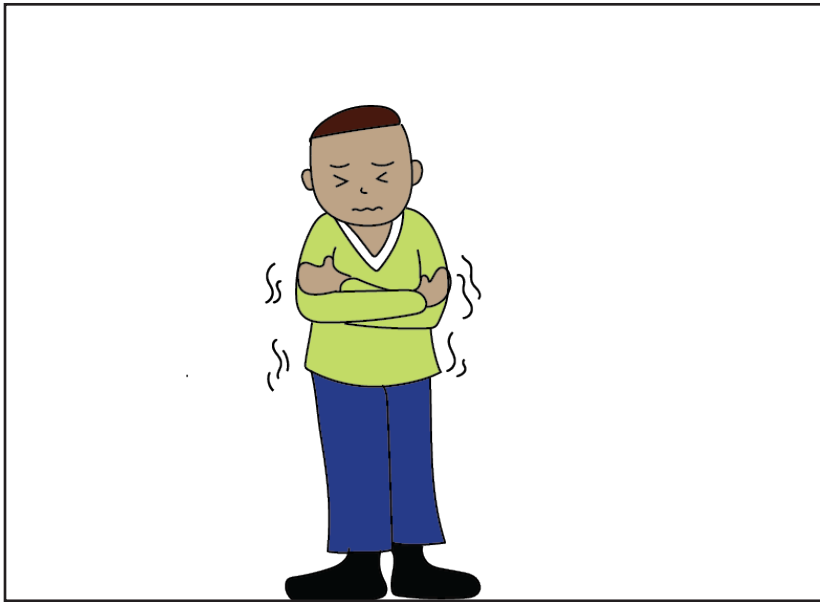
my

feelings

Is

important.

When I feel anxious, my body may feel cold.



When I feel anxious, my body may feel



cold.



When I feel anxious, my body may feel sweaty.

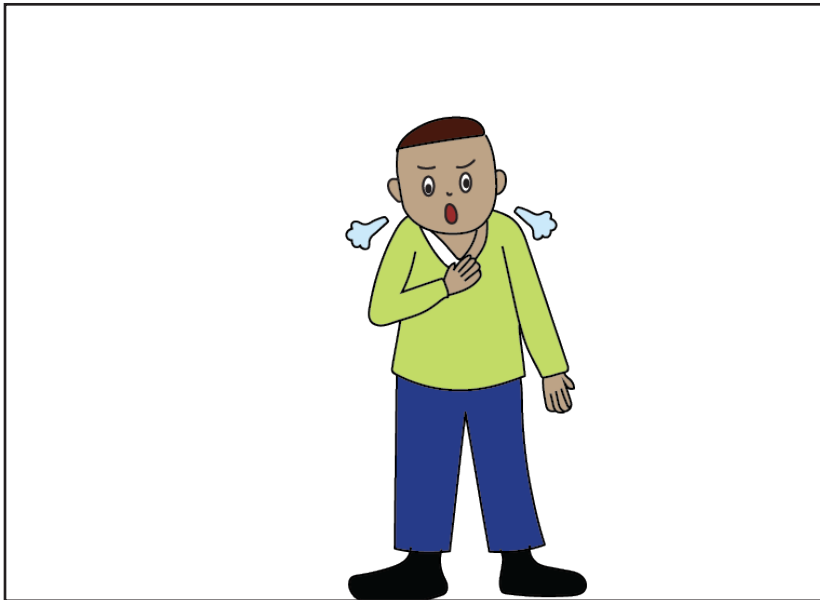


When I feel anxious, my body may feel



sweaty.

When I feel anxious, I may feel breathless.



When I feel anxious, I may feel



breathless.

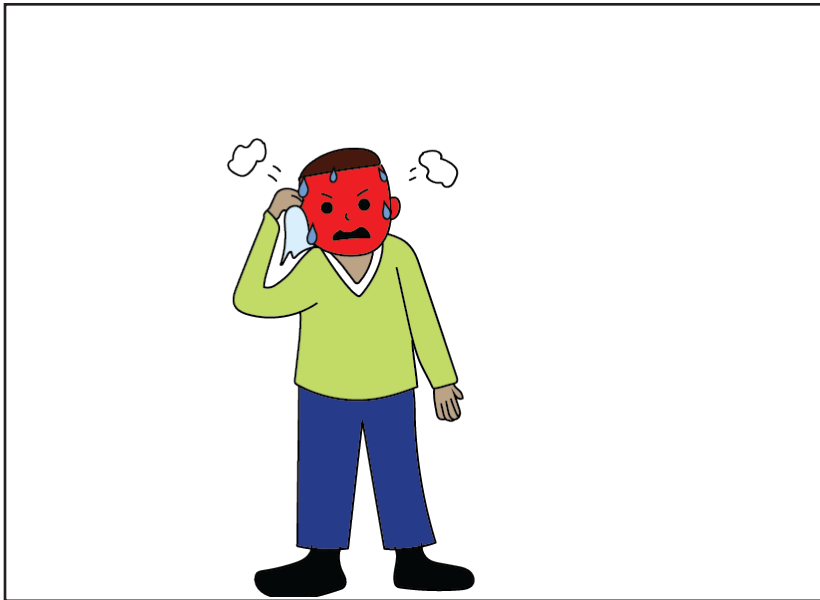
When I feel anxious, my head may pound like a drum.



When I feel anxious, my head may

pound like a drum.

When I am anxious, I may feel hot and angry.



When I am anxious, I may feel



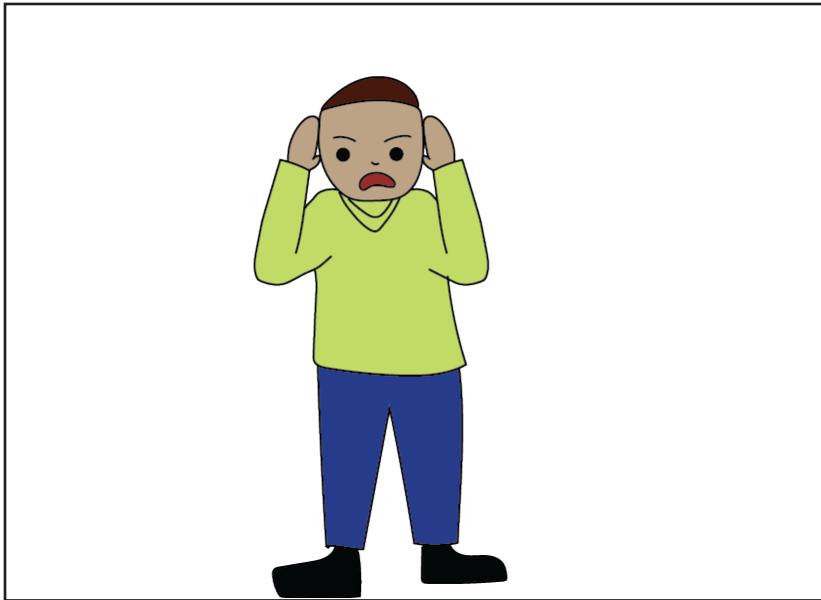
hot

and



angry.

When I am anxious, I may feel frustrated.

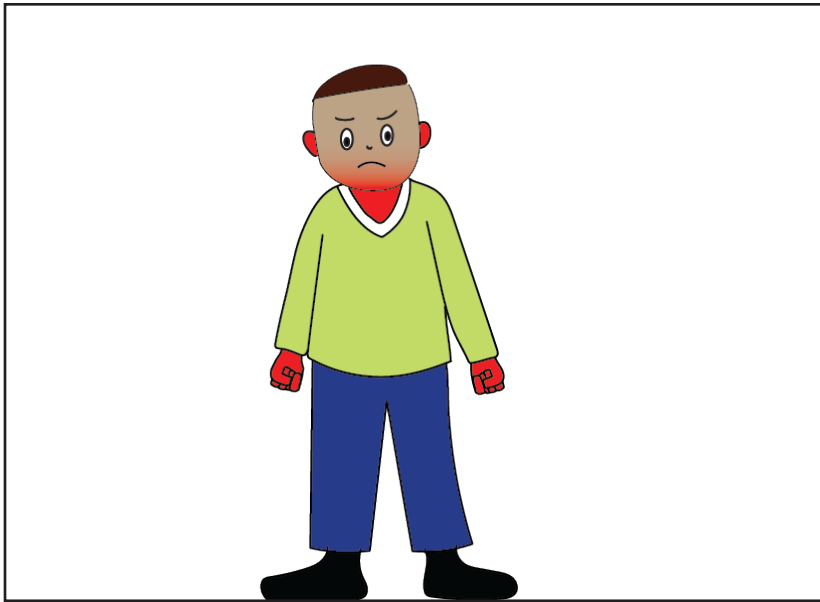






When I am anxious, I may feel




frustrated.


When I feel anxious, my jaws and fists feel hard as rocks and, my skin gets burning hot.




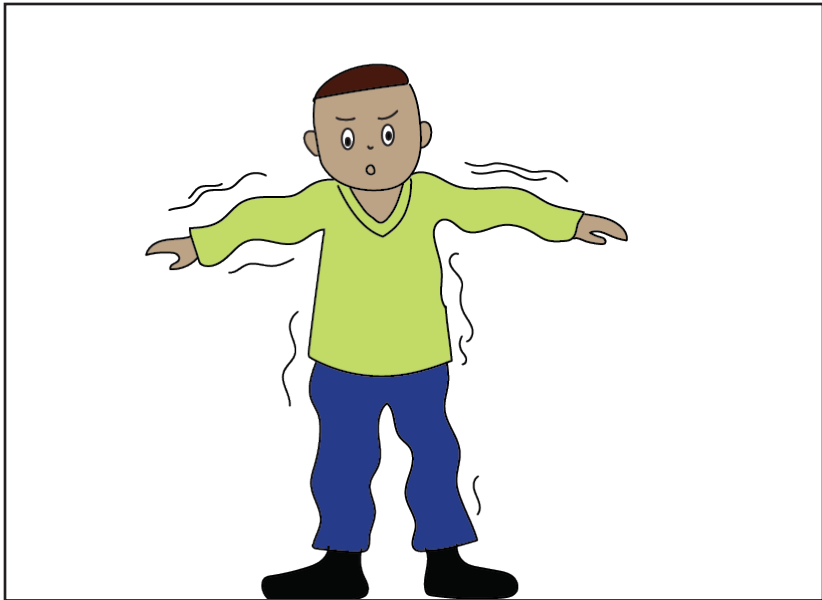
 When I feel anxious, my jaws and




 fists feel hard as rocks and, my



 skin gets burning hot.

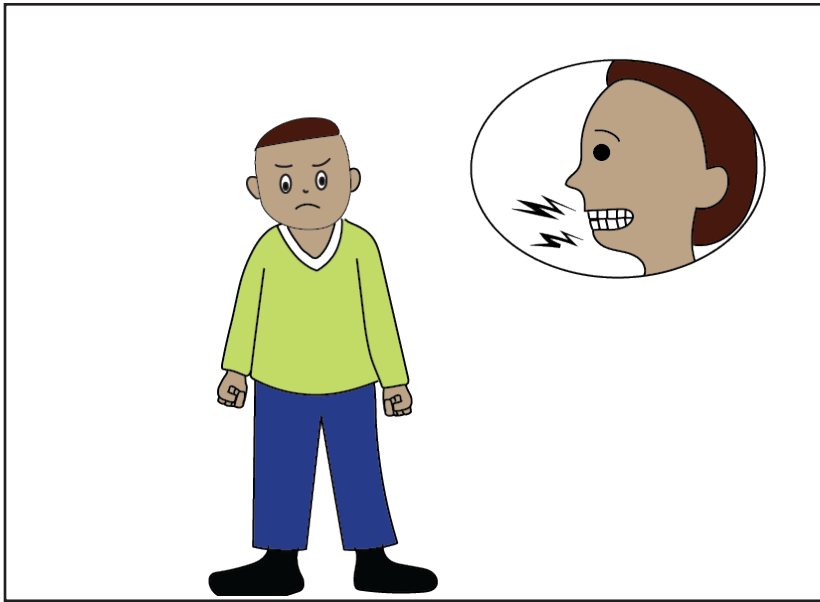
When I feel anxious, my body feels out of control. This is okay.



 When
  I
  feel
  anxious,
  my
  body

 feels
 out
 of
 control.
  This
  is
 **OK**
 okay.

When I feel anxious, my body may tighten up and I may feel like grinding my teeth.



When I feel anxious, my body may tighten



up and I may feel like grinding my teeth.



When I feel anxious there are ways I can calm myself.  
 These are called strategies.

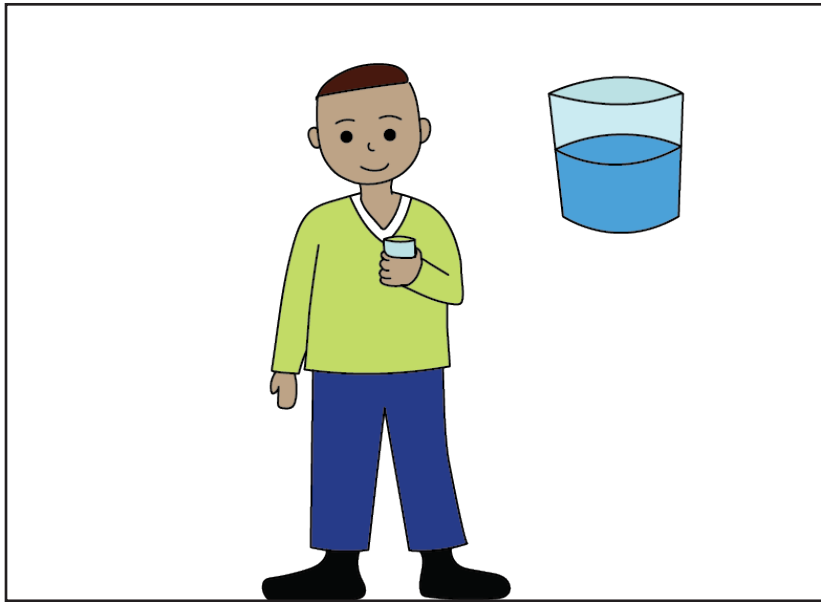


When I feel anxious there are ways I



can calm myself. These are called strategies.

When I feel anxious, I can get a drink of water.

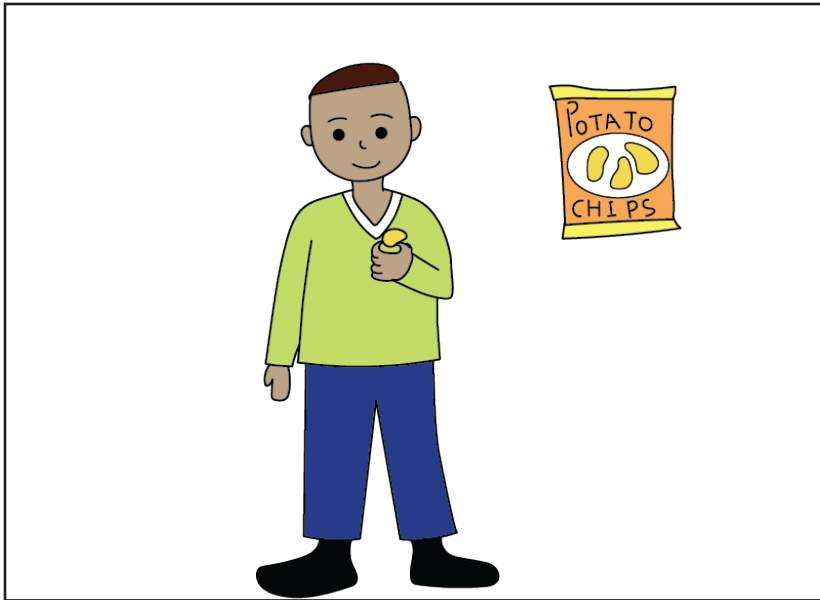


When I feel anxious, I can get a drink



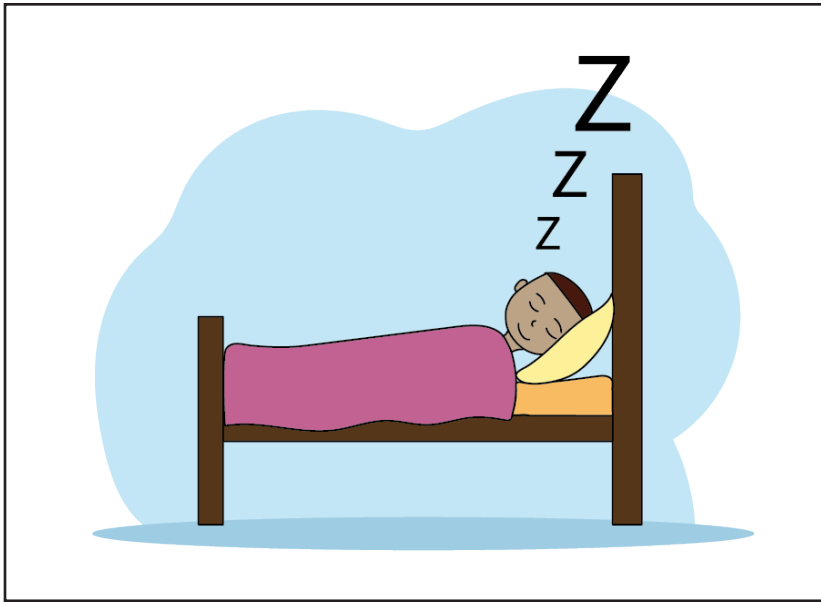
of water.

When I feel anxious, I can have a snack.



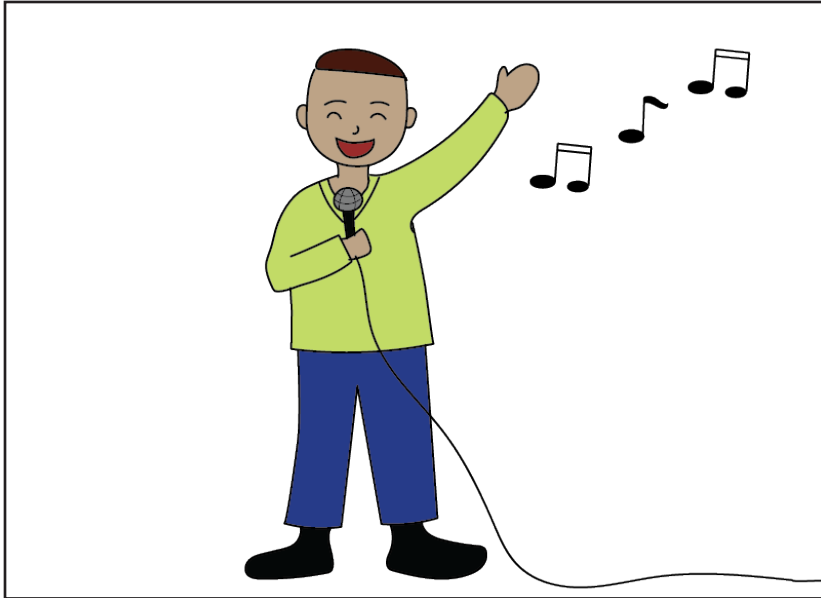
When I feel anxious, I can have a snack.

When I feel anxious, I can rest.



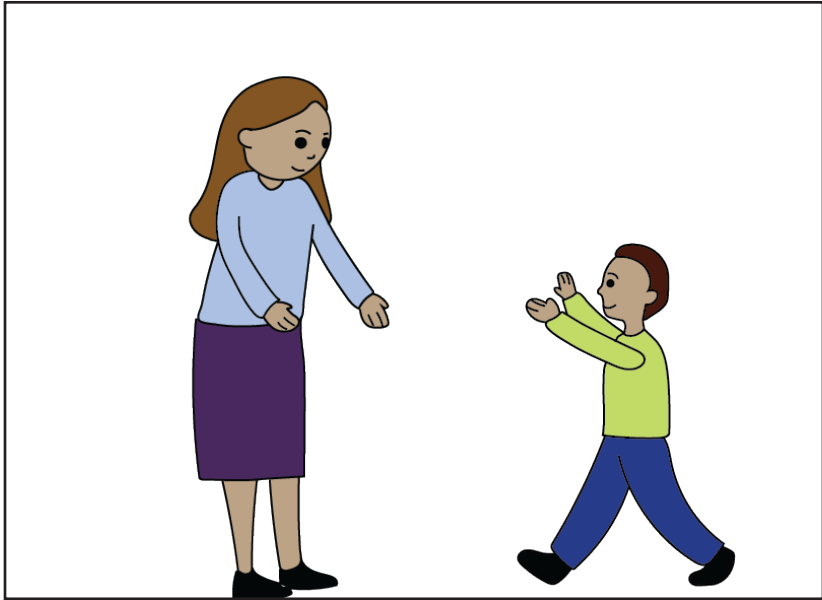
When I feel anxious, I can rest.

When I feel anxious, I can sing a song.



When I feel anxious, I can sing a song.

When I feel anxious, I can go to someone I love.

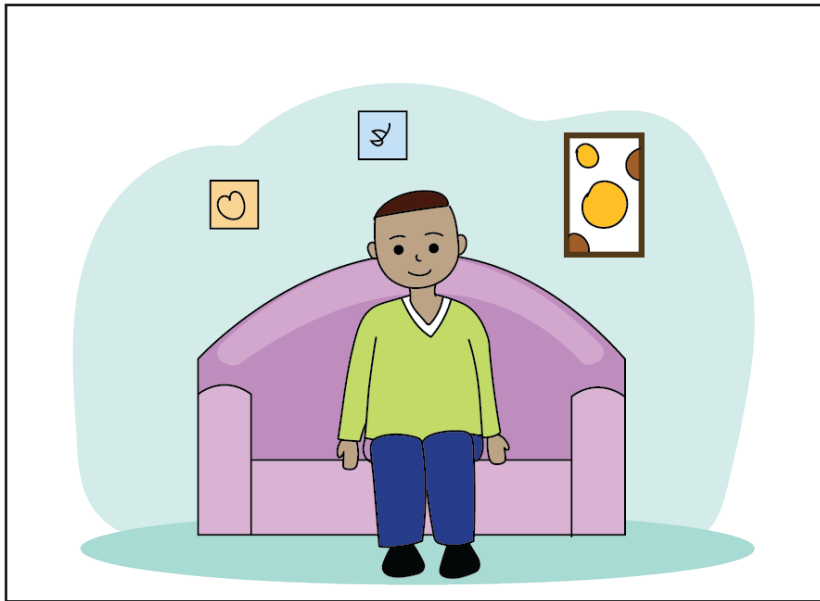


When I feel anxious, I can go to



someone I love.

When I feel anxious, I can sit in a quiet place alone.

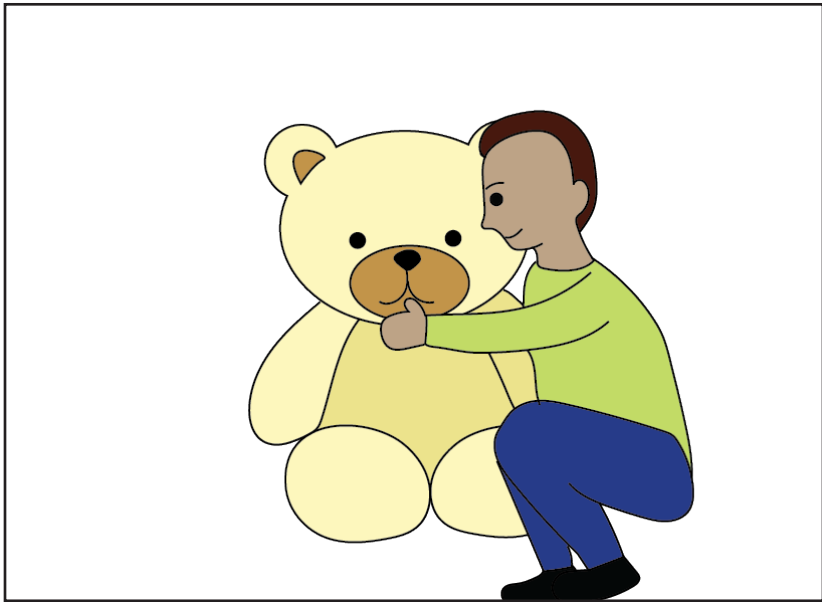


When I feel anxious, I can sit in



a quiet place alone.

When I feel anxious, I can cuddle my favourite stuffed animal.



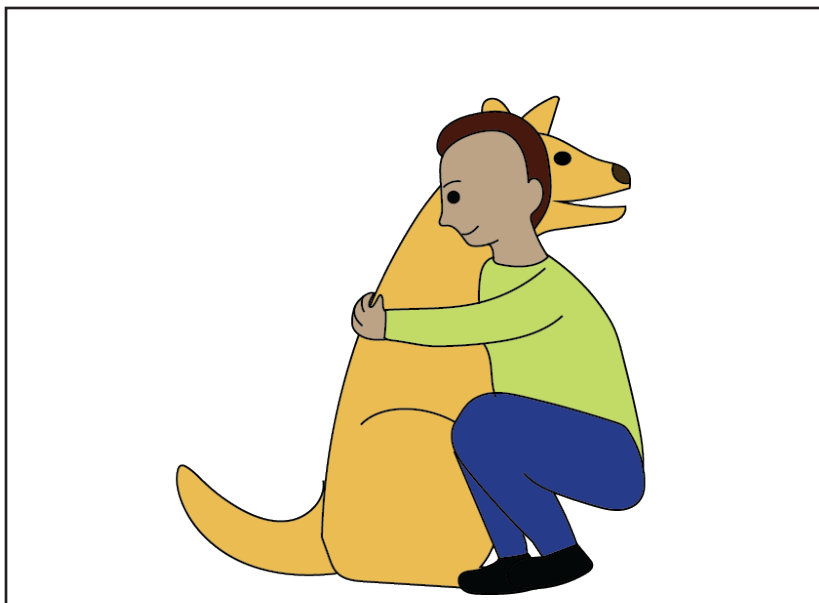
When I feel anxious, I can cuddle my



favourite stuffed animal.



When I feel anxious, I can cuddle my pet.



When I feel anxious, I can cuddle my



pet.

When I feel anxious, I can dance.



When I feel anxious, I can dance.

When I feel anxious, I can go outside and jump around.



When I feel anxious, I can go



outside

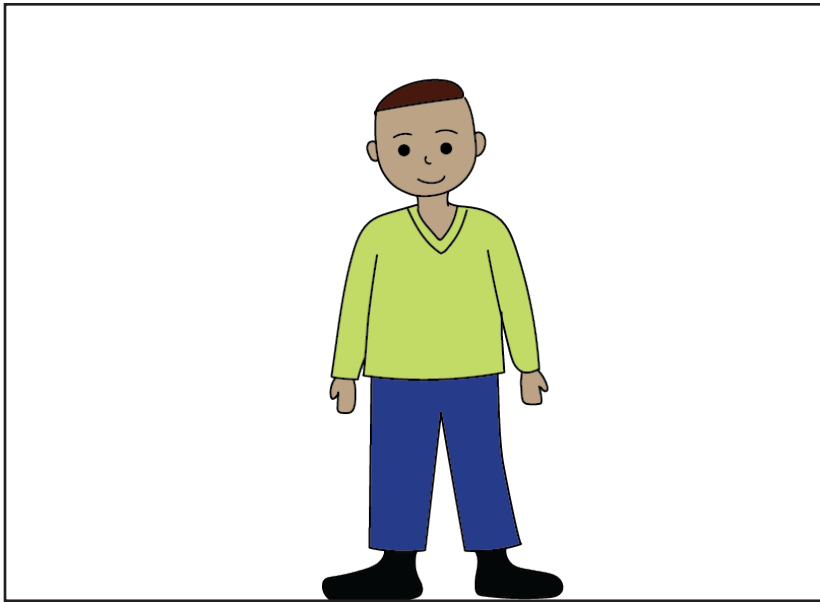


and

jump

around.

When I feel anxious, I can try to stand still and be calm.



When



I



feel



anxious,



I



can

try



to



stand

still

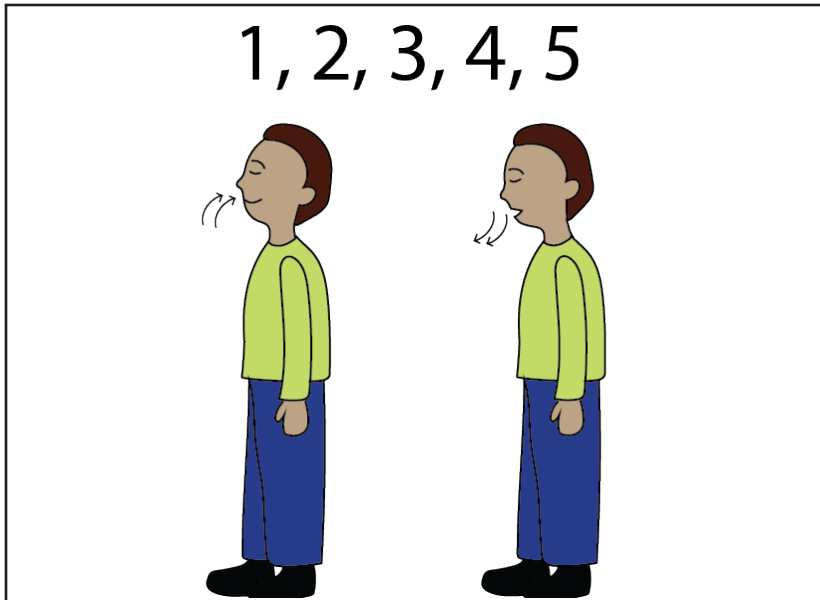
and
















be



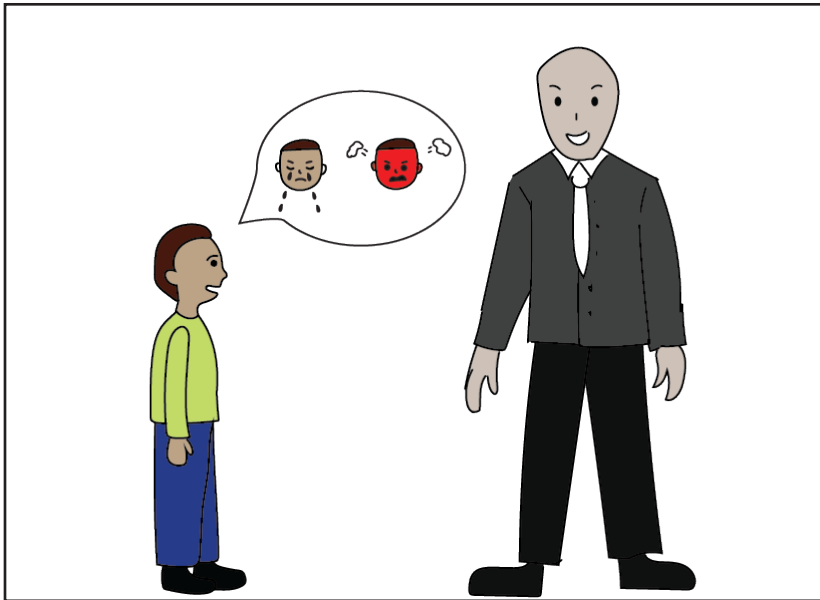
calm.

When I feel anxious, I can take 5 deep breaths to help me calm down.



							
When	I	feel	anxious,	I	can	take	5
							
deep	breaths	to	help	me	calm	down.	

When I feel anxious, I can tell an adult who I trust.

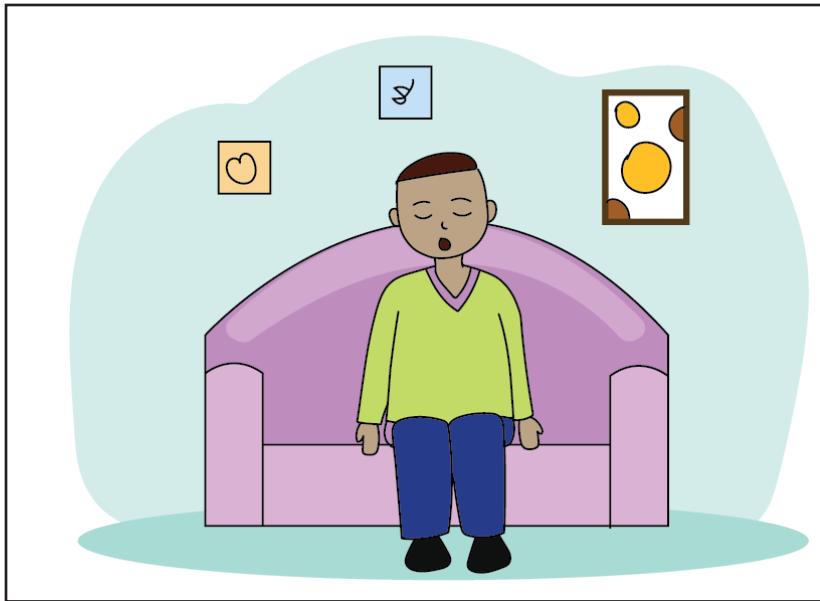










When I feel anxious, I can tell an









adult who I trust.

When I feel anxious, I can sit down, and close my eyes and take a break in a safe spot.

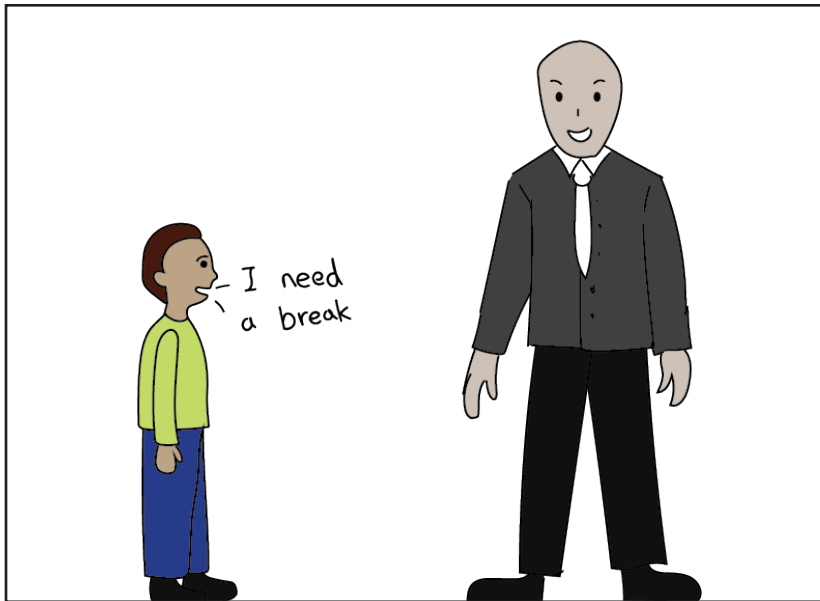










  
 When I feel anxious, I can sit down,






  
 and close my eyes and take a


  
 break in a safe spot.

When I feel anxious, I can tell someone, "I need a break".



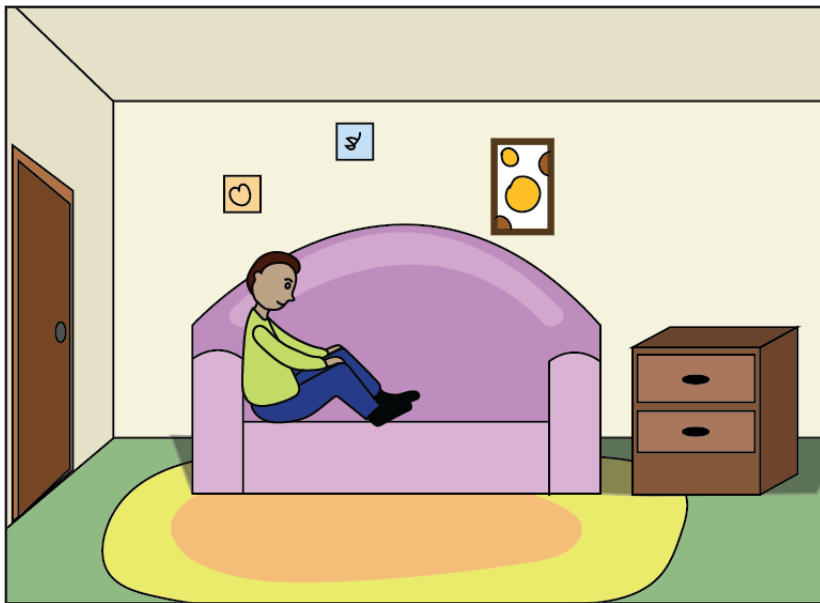
When I feel anxious, I can tell



someone, "I need a break".



When I feel anxious, I can go to a quiet room.

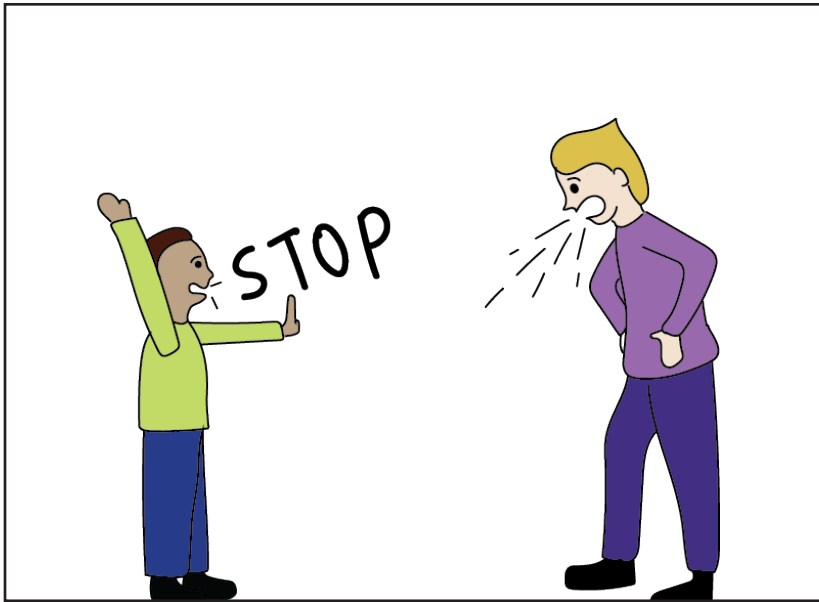














When I feel anxious, I can go to a



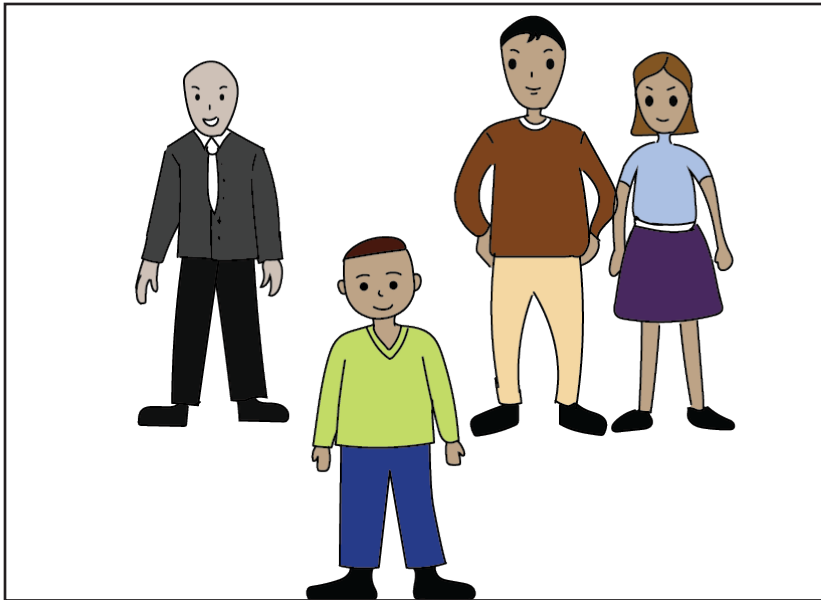
quiet room.

If someone is upsetting me, and causes me to feel anxious I can put my hand up and say "Stop".




 If someone is  me, and causes  
 me   to feel  anxious  I  can  put  my hand  
 up and say  "Stop".

When I listen to my body everyone is happy.



When I listen to my body everyone is



happy.