

Learning About Anxiety



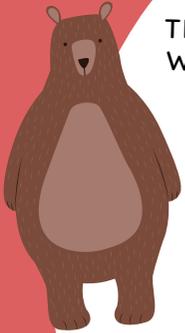
FIGHT, FLIGHT OR FREEZE

YOU DECIDE TO GO FOR A WALK IN THE WOODS. YOU COME ACROSS A BEAR. WHAT IS THE FIRST THING YOU DO? YOU MIGHT:

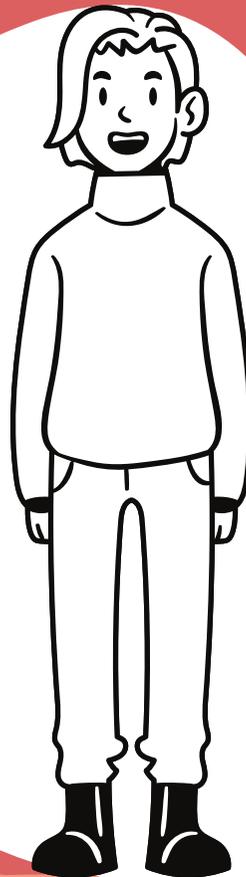
SCREAM & WAVE YOUR ARMS TO APPEAR BIG & SCARY?
RUN FROM THE BEAR?
FREEZE ON THE SPOT?

3 REACTIONS TO DANGER:

FIGHT: YOU FIGHT TO PROTECT YOURSELF
FLIGHT: RUN AWAY AND AVOID WHAT IS MAKING YOU FEEL A CERTAIN WAY.
FREEZE: YOUR MIND MIGHT GO BLANK.



Anxiety is a feeling of worry, or unease within your body when you are unsure about something, or in an unfamiliar situation or place.



USING THE BODY DRAW WHAT YOU CAN FEEL INSIDE WHEN YOU ARE ANXIOUS.

WHAT IS ANXIOUS AROUSAL?

WHEN WE SENSE OR PERCEIVE DANGER WE GO INTO ANXIOUS AROUSAL.

THIS CAN HAPPEN WHEN THERE IS REAL DANGER OR WHEN THE BODY PERCEIVES THERE IS DANGER.

WHEN DOING A CLASS PRESENTATION OR HAVING TO READ OUT ALOUD, YOU CAN FEEL JITTERY AND UNCOMFORTABLE.

WHAT WILL HELP MANAGE MY ANXIETY

ANXIETY IS NORMAL, EVERYONE FEELS IT.

IT FEELS UNCOMFORTABLE, BUT IT IS NOT DANGEROUS.

IT HELPS US PREPARE FOR A REAL DANGER.

TRY NOT TO AVOID THE THINGS THAT CAUSE ANXIETY, SYMPTOMS ARE SHORT TERM.

TELL SOMEONE HOW YOU ARE FEELING.

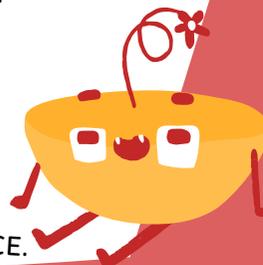
TAKE SOME TIME OUT.

TAKE DEEP BREATHS

DO SOME EXERCISE

MINDFULNESS

THINK OF YOUR SAFE PLACE.



WHAT DOES IT FEEL LIKE?

JELLY LEGS
POUNING HEART
SHAKING
RINGING IN EARS
DIZZINESS
BUTTERFLIES IN YOUR TUMMY
FEELING SICK