



Anxiety looks different in different people.



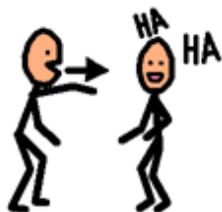
Sometimes when I am anxious you may not know because I...



smile



laugh



joke



argue



swear



shout



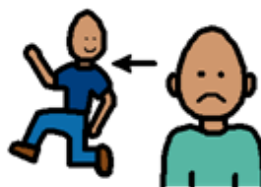
slam door



bang on things



pace



run away



go to the toilet more



refuse to do things



distract others



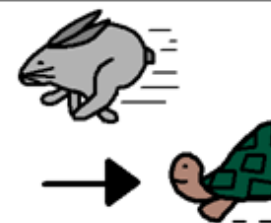
become unkind



cannot start tasks



make up excuses



slow down



something else





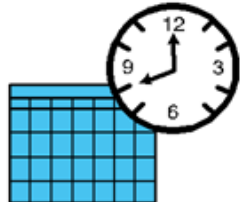
Anxiety looks different in different people.



My brain has to work harder than usual when I am anxious, so things I can usually do may take me longer, or seem more harder, or I may be unable to do them.



When I am anxious I may need...



time



to talk



support from staff



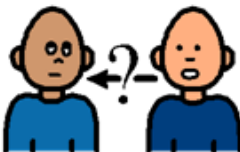
support from friends



support from family



more processing time



less questions



fewer instructions




time for things I enjoy




more brain breaks



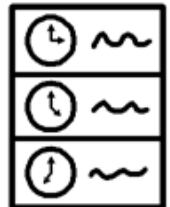
less demands



more visuals



reduce words



clear routine



more sleep



reminded to eat and drink



help getting organised



something else

