



# Anxiety



Anxiety can also be described as:



stress



worry



tension



nervousness



strain



pressure



scared



something else



It can feel like:



headaches



sick



shaky



chest pain or tightness in chest



needing to use the toilet more often



funny feelings in stomach



breathlessness



body aches



What can help me?



better sleep pattern



breathing techniques



listen to music



go swimming



read a book



nature walk



exercise



meditation



talk to someone



drink water



write it down



sing out your worry



make a to do list



ask for help



something else

Communication Friendly @SchoolsNlc

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