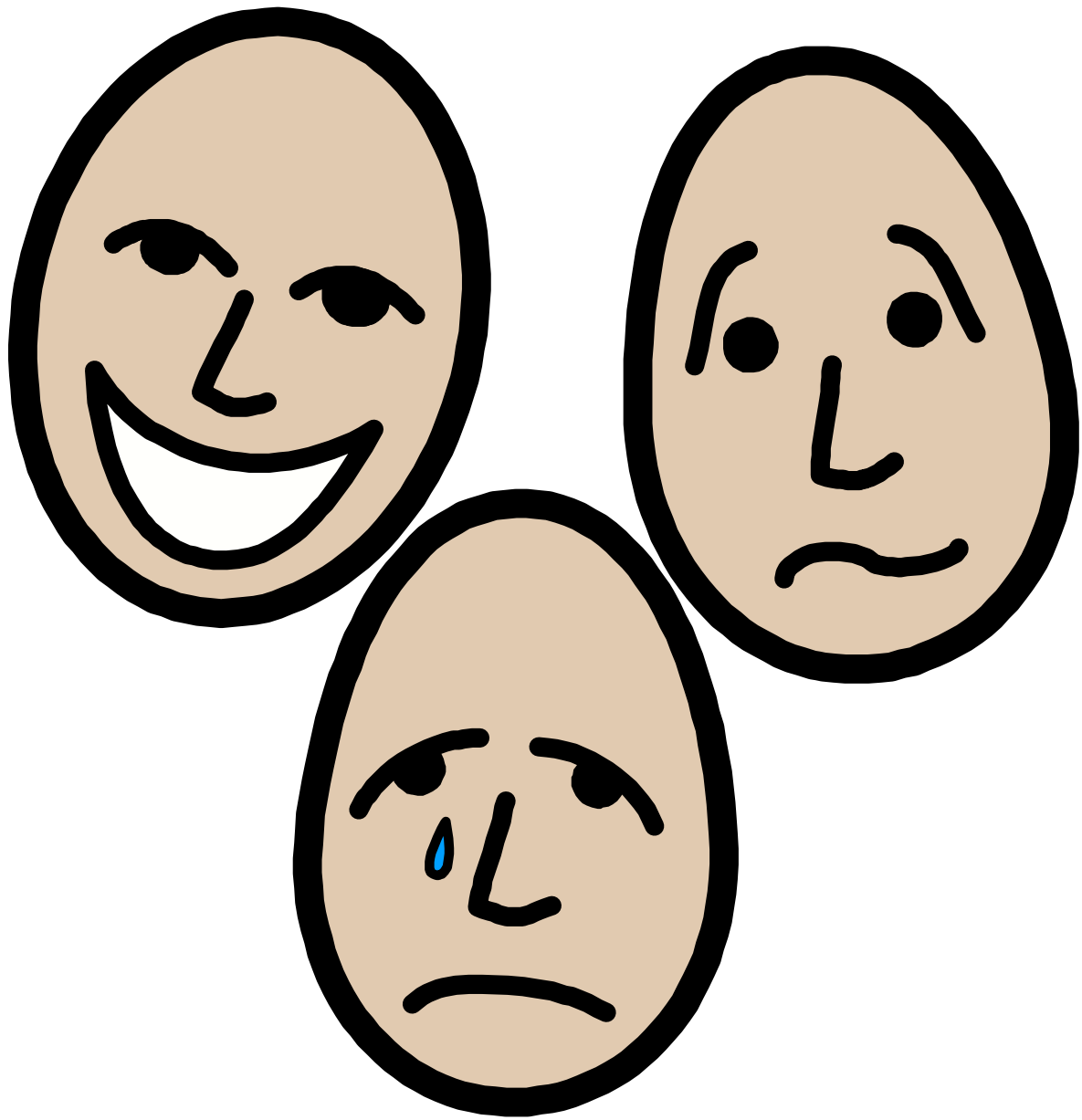
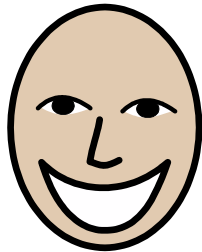


Sometimes I
feel anxious

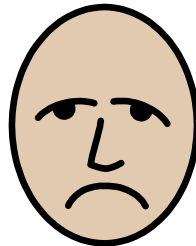


Everyone feels
different emotions.

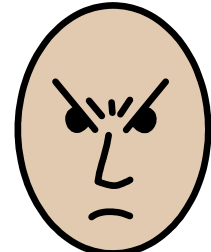
Sometimes I feel...



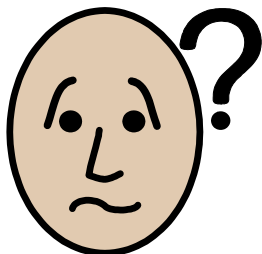
happy



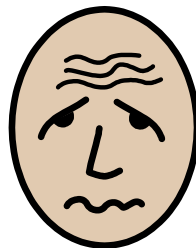
sad



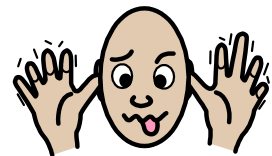
angry



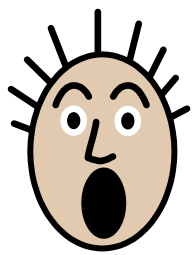
confused



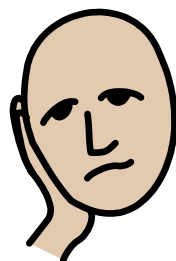
worried



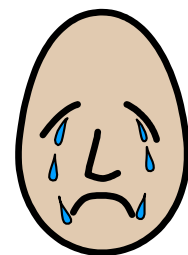
silly



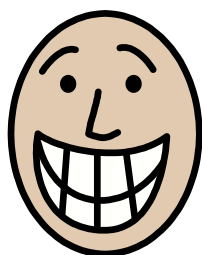
scared



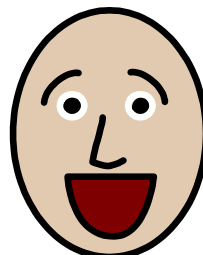
bored



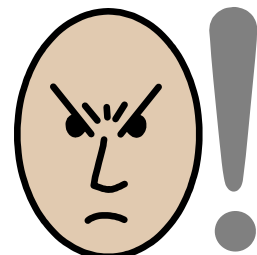
upset



excited



surprised

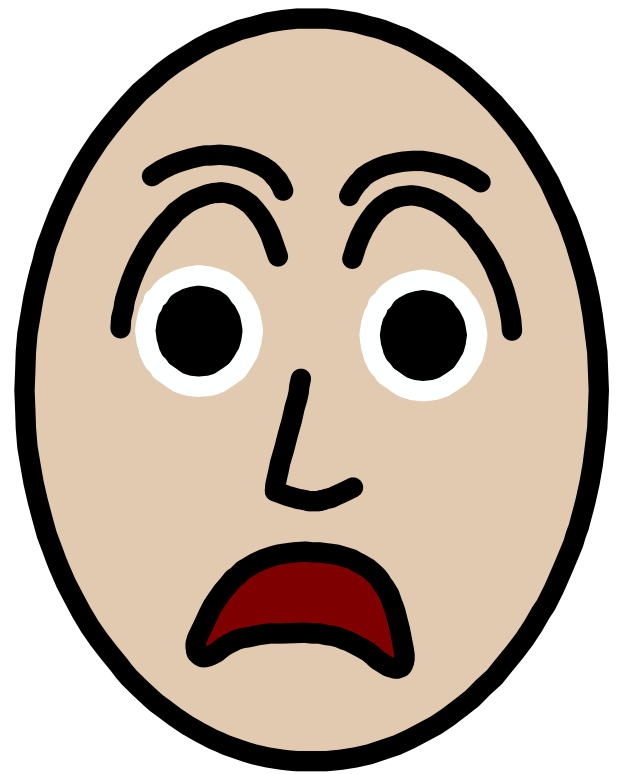
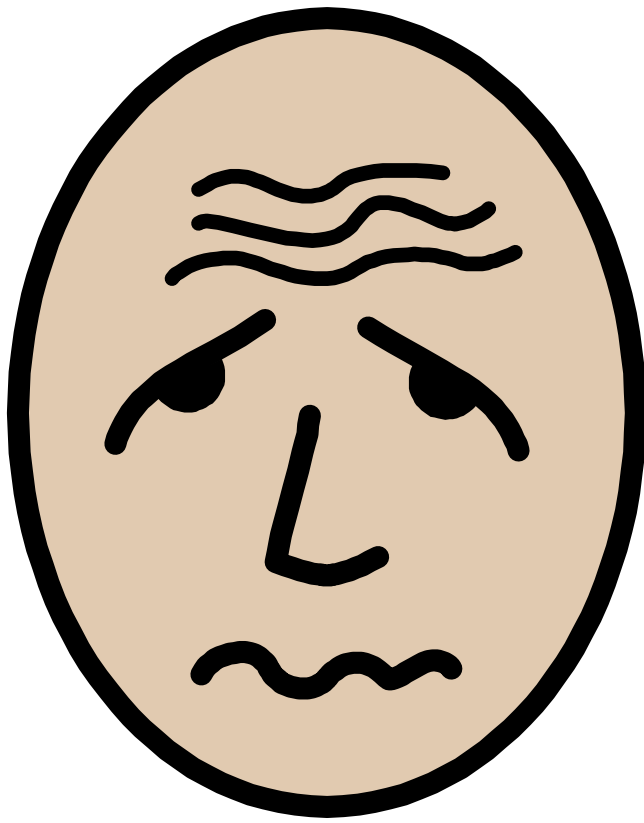


cross

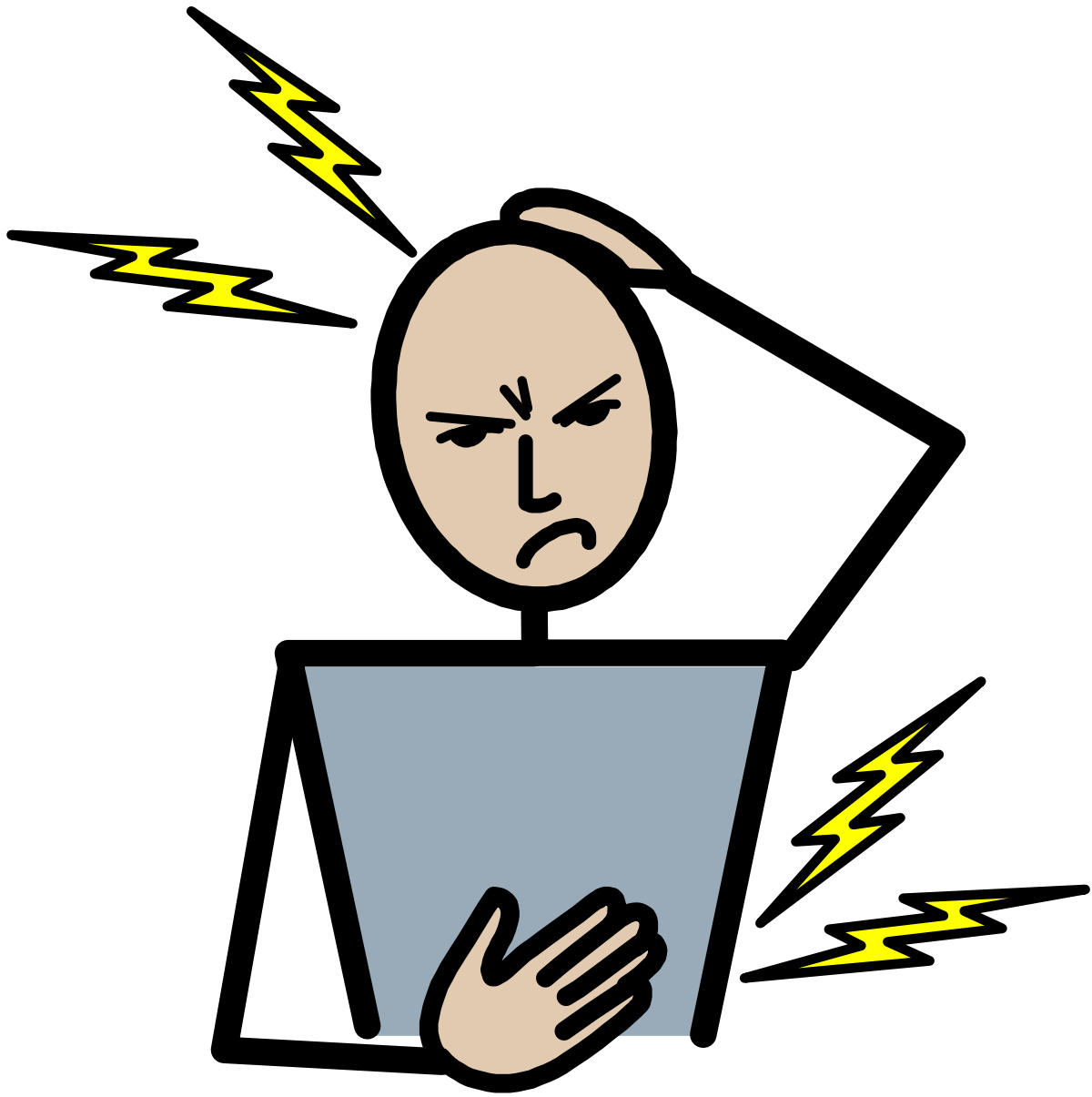


Another emotion

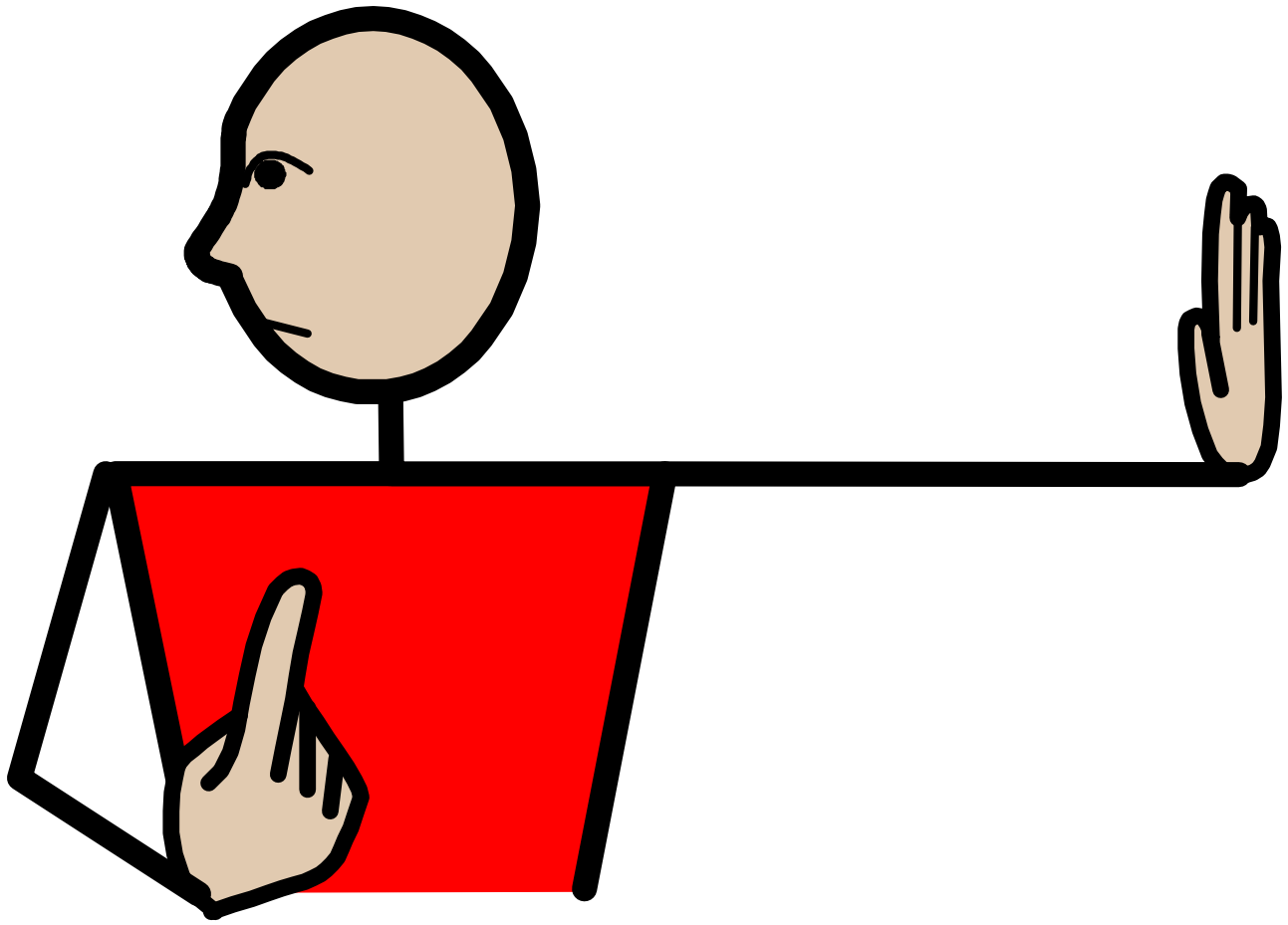
I feel is anxiety.



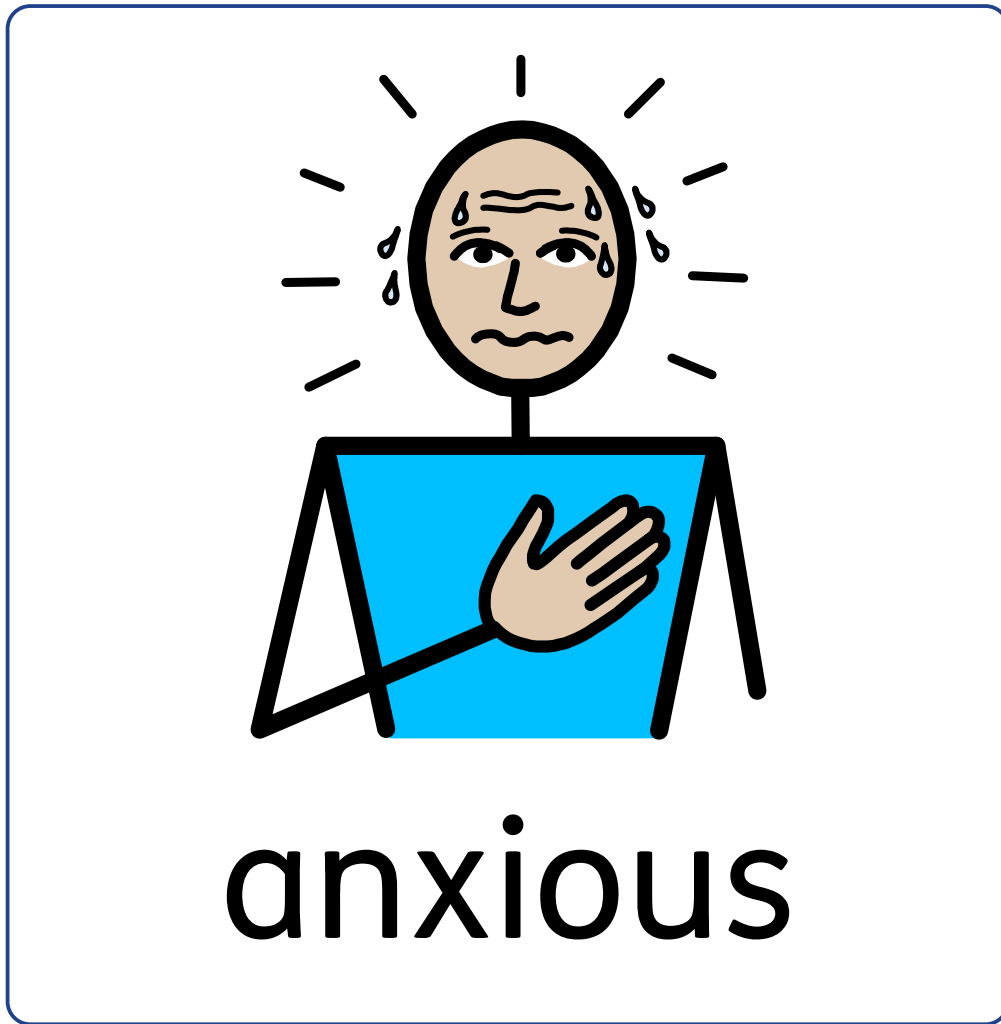
Anxiety is a feeling
of worry and fear.



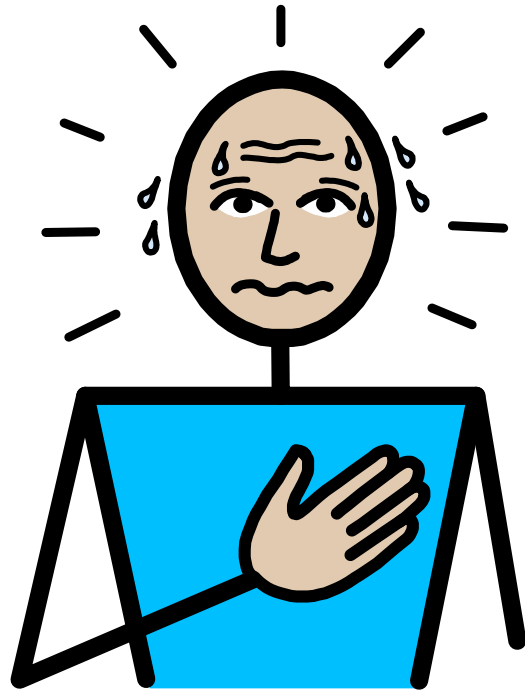
Anxiety can make me feel
sick, shaky, hot, sweaty,
dizzy or out of breath.



Anxiety can make me
feel like I don't want to
join in, go out or talk.



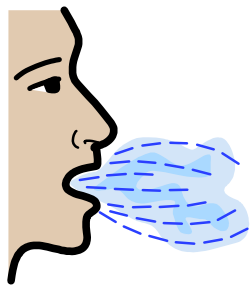
Sometimes I feel anxious
when things change, when
trying new things or going to
new places. This is OK.



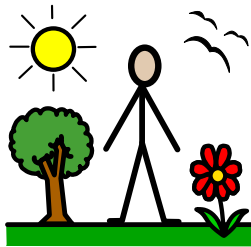
anxious

Sometimes I don't know
why I'm feeling
anxious, this is OK.

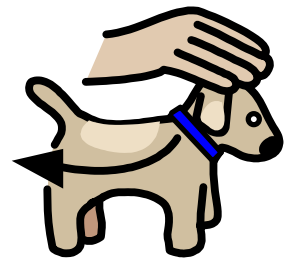
When I feel anxious I can try some relaxation techniques like:



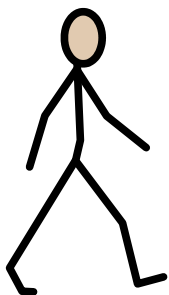
deep breaths



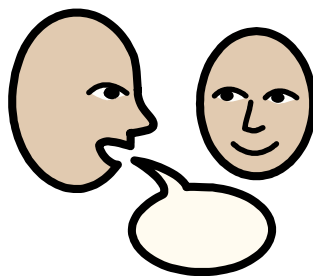
go outside



stroke a pet



go for a walk



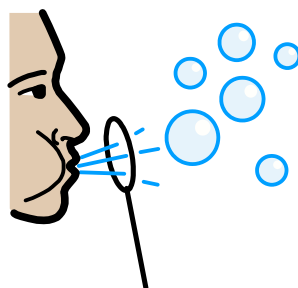
talk to an adult



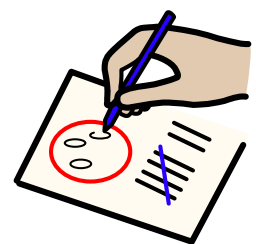
squeeze something



listen to music



blow bubbles



doodle

To reduce feelings of anxiety

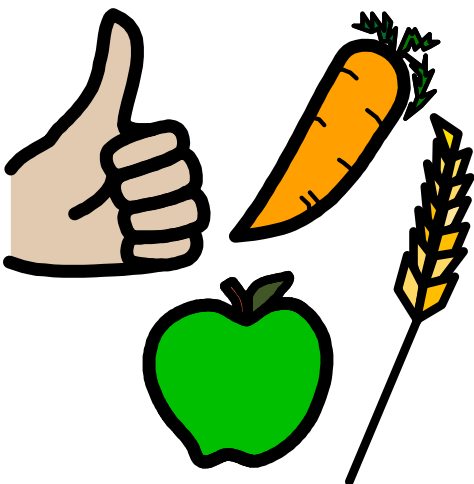
I should also try my best to:



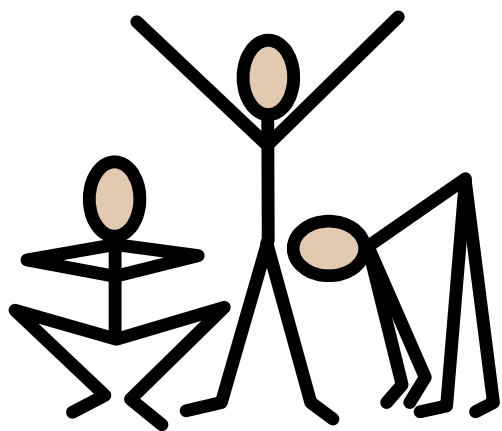
drink enough water



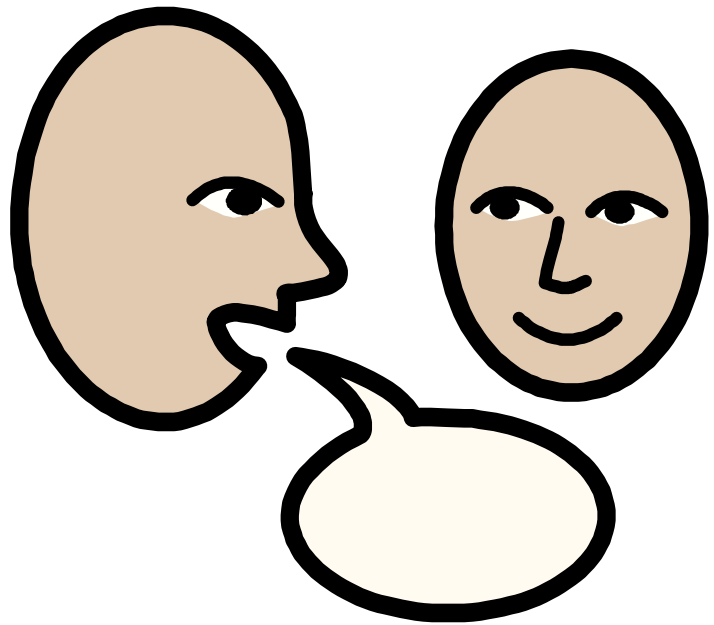
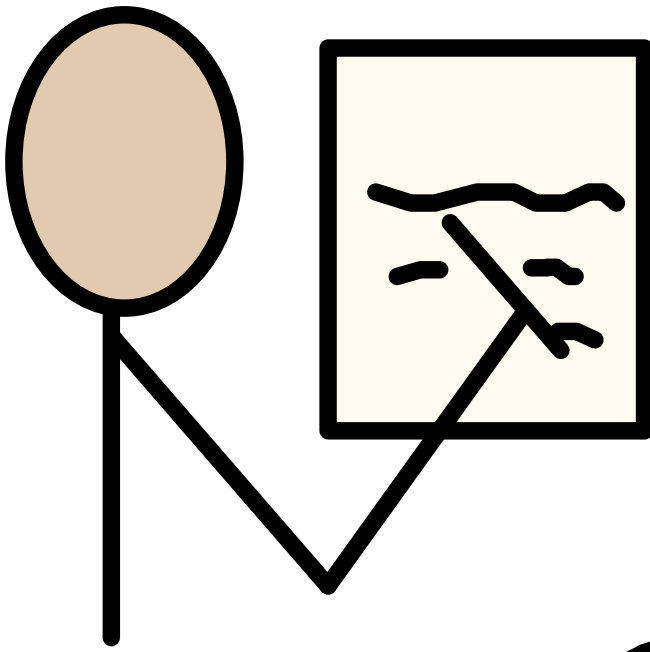
get enough sleep



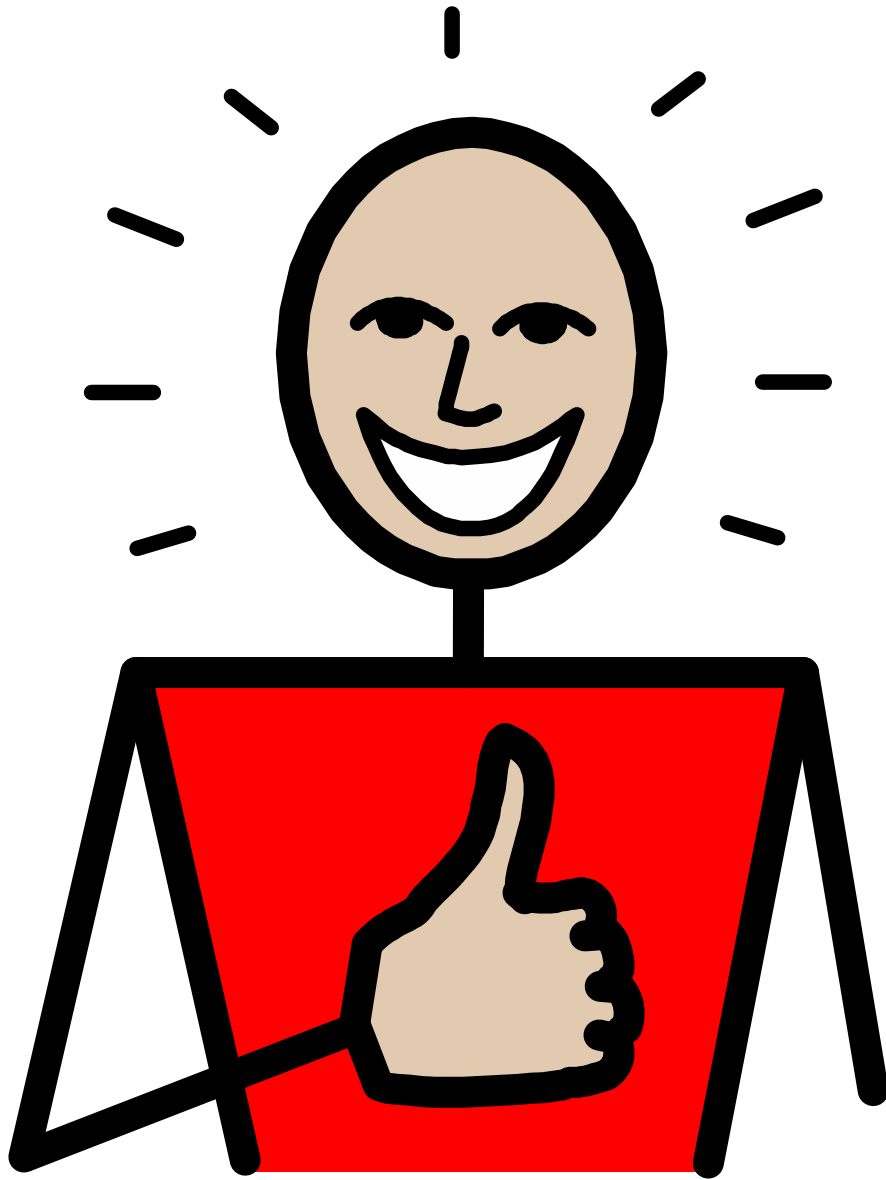
have a healthy diet



exercise



Writing down and talking about any worries often helps to relieve anxiety.



Lots of people feel anxiety. It's
OK and it's normal. I can
reduce my feelings of anxiety
by finding what works for me.