



WHAT TO DO WHEN YOU FEEL WORRIED

Talk to a grown up that you trust - maybe a teacher or a family member



Look at what's around you - try to count different things to take your mind off your worries

Practice handprint breathing - trace around your fingers. Breathe in as you trace up, breath out as your trace down.



Contact Us

📍 23 Carter Street
Uttoxeter
Staffordshire
ST14 8EY

✉️ hello@yess.uk

🌐 www.yess.uk

☎️ 01889 567 756

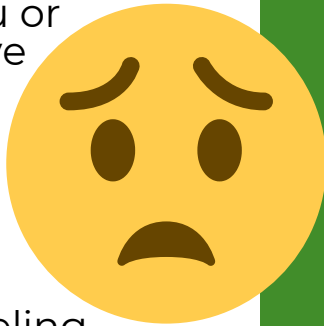


YOUR EMOTIONAL SUPPORT SERVICE



WHAT IS ANXIETY?

- Anxiety is how we feel when we are **nervous, afraid** and **worried** all mixed together!
- You might feel it **all the time** or **only sometimes**
- It's a feeling you get when you have a **worry** that you can't get out of your head
- You might feel *anxious* about...
 - things from the past
 - things that scare you, like the dark
 - **bad things** that *could* happen to you or people you love



REMEMBER...

Anxiety is a **normal** feeling. In fact, it's a *really important* emotion that can help keep you **safe** and help you make **sensible decisions**.

WHAT DOES IT FEEL LIKE?

When we feel anxious, we can feel it all over our bodies, which can look like...

Can't fall asleep 

Sick feeling in tummy 

Feel dizzy/shaky 

Can't focus at school 

Quick heartbeat 

Really hot & sweaty 

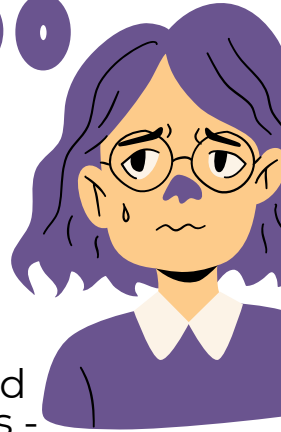
Want to run away 

Don't feel hungry 

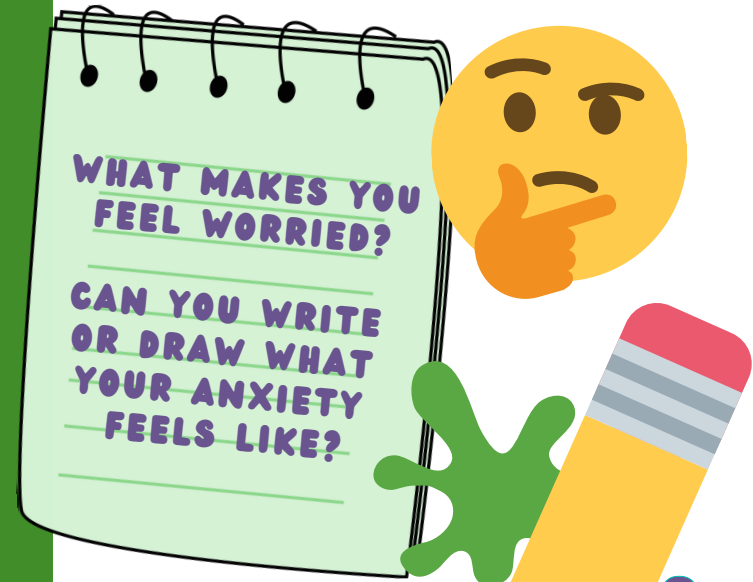
Can't sit still & fidgety 

Feeling angry or grumpy 

WHAT DO PEOPLE WORRY ABOUT?



Everyone feels worried about different things - there might be **one thing** that makes you anxious, or it might be lots of things.



Writing down or drawing what we're worried about is great because it helps to get it out of our heads.

