

What Is Anxiety?

Anxiety is a feeling we experience when we think something bad could happen.



Anxiety can affect our **thoughts**. It can make us focus on the 'what ifs' – all the things that could go wrong in a particular situation.

Anxiety can affect our **bodies**. It can make our heart pump faster, make our breathing speed up, make our muscles tight or give us a tummy ache.

Anxiety can affect our **actions**. It can make us choose to avoid something, or we might make a bad behaviour choice due to our anxious feelings.

Feeling anxious? There are many strategies that can help you to manage!



Breathe slowly and deeply



Think about a happy place



Talk about your feelings



Use positive self-talk