

# WHEN ANXIETY ARISES

ANXIETY IS A FEELING OF WORRY, FEAR, OR UNEASINESS THAT SOMETHING UNWANTED IS GOING TO HAPPEN, OR THAT YOU CAN'T COPE WITH A SITUATION

## THERE ARE THINGS YOU CAN DO

### NOTICE YOUR TRIGGERS

UPCOMING TEST  
HOMEWORK  
FIGHT WITH A FRIEND  
BEING TOO BUSY



### ASK YOURSELF, WHAT DO I FEEL?

FLUTTERING IN YOUR STOMACH  
SWEATY HANDS  
FASTER HEARTBEAT  
CHANGE IN BREATHING  
FAST THOUGHTS



### ASK FOR HELP

TALK TO A FRIEND  
TRUSTED ADULT  
SCHOOL COUNSELOR  
PEDIATRICIAN

### DEEP BREATHING

PAUSE  
BREATHE IN SLOWLY  
BREATHE OUT SLOWLY  
FOCUS ON YOUR BREATH



### TAKE BREAKS

CALL A FRIEND  
GO OUTSIDE  
DRAW  
LISTEN TO MUSIC  
DO THINGS YOU ENJOY



### POSITIVE SELF-TALK

WHAT IF THINGS WENT WELL?  
I CAN DO HARD THINGS  
I'VE GOT THIS



GET ACTIVE  
EXERCISE CAN  
LOWER STRESS  
AND BOOST  
ENERGY



REMEMBER,  
YOU MATTER  
AND YOU ARE  
NOT ALONE