

Feeling
worried

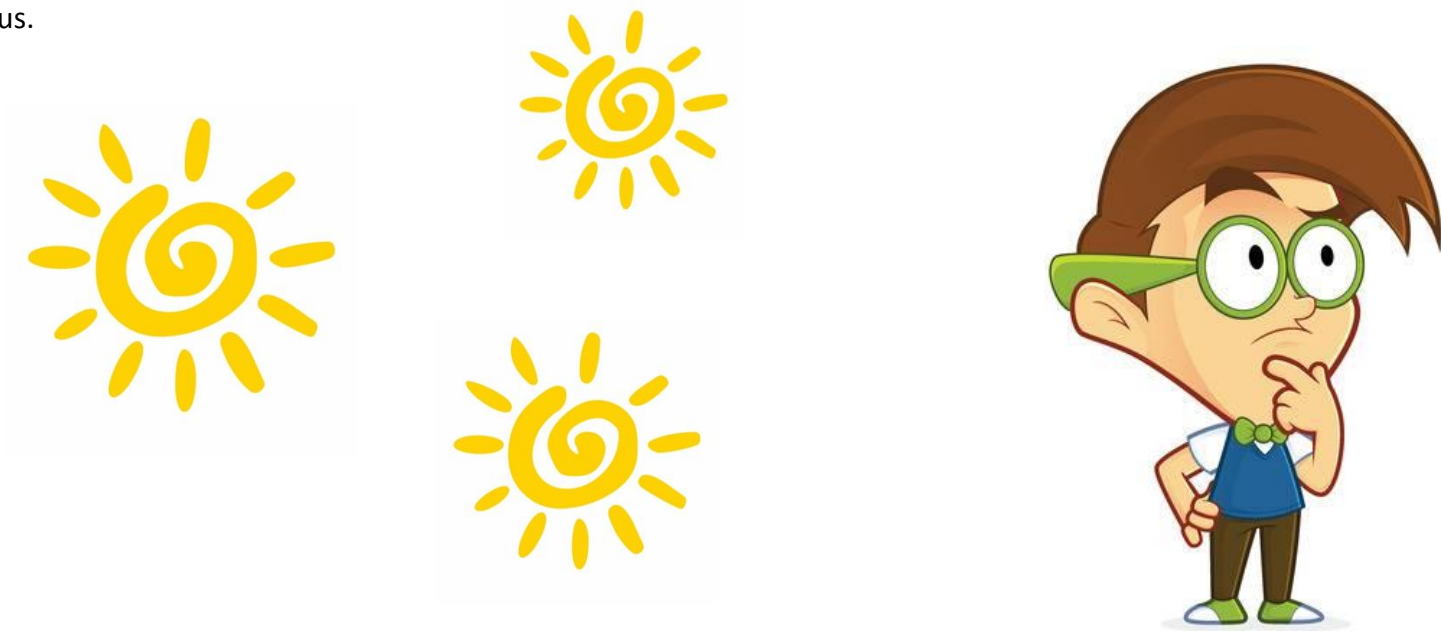


Sometimes I feel worried.

Sometimes I feel anxious.

It is ok to feel like this, lots of people get worried about different things going on in their lives.

Lots of people feel anxious.



Some people feel worried and anxious more than others.

Worrying is a feeling that we get that makes us feel uneasy, it is a feeling we get because we're concerned about a situation or a problem.

Worrying is normal, lots of people worry.

Too much worrying is not good for me.

There are ways to help me stop worrying.



Anxiety is a feeling that we get, It is similar to worry but can sometimes make people feel hot, sweaty, sick and shaky.

Anxiety can sometimes be a good thing. These feelings and symptoms are a part of our bodies way of dealing with stress. It is known as the fight-or-flight response, anxiety is meant to protect us from danger and allow us to react faster to emergencies.

Feeling anxious too much isn't good for me and could affect my day to day life.

There are lots of different ways to stop me from feeling anxious.

If I am feeling anxious there are lots of ways to help me.



Talk to someone! Talking to someone will make me feel better! I can tell them about my problems and how I am feeling. There are lots of people I could talk to. Some examples of people I could talk to are;

- Teacher
- Teaching assistant
- Parent
- Friends
- Grandparent
- Carer
- Pupil support
- Doctor
- CHUMS
- Helpline
- Therapist



If I am feeling worried about something it is also a good idea to talk to someone. They may be able to help me resolve the problem that I have or make me feel better about a situation that I am worrying about. 😊

There are also things that I can do to help!

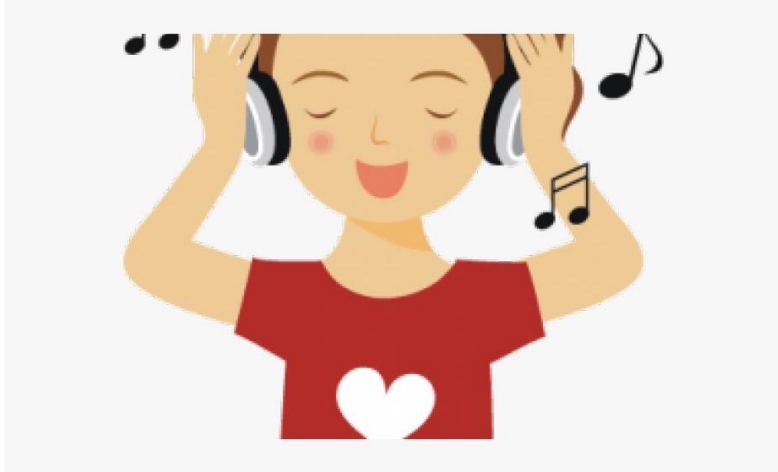
Exercising could help me feel less anxious. Exercising can include lots of different things such as;

- Football
- Playing tag with my friends
- Running
- Skipping
- Swimming
- Netball
- Yoga
- Spending time outside will make me feel better in general!



Spending time with my friends, playing outside and keeping active is good for my well-being which will make me feel less anxious and also could take my mind of any worries I have.

Another way that I could make myself feel better if I am feeling anxious could be:



- Breathing exercises – this will help me feel calm again
- Reading a book
- Make something – art and crafts are a great way to distract any negative thoughts!
- Hold a special object – this could be a special toy or maybe a lucky charm
- Having a drink of water or something to eat!
- Draw a picture
- Write down your thoughts
- Think of a place that makes me happy



- Think of something funny that's happened to me
- Count to 10
- Take some time out of the situation
- Use a fiddle toy
- Go for a walk
- Listen to some music

It is ok to feel worried and anxious.

There are lots of things I can do to help me to overcome these feelings.



I will make sure that I speak to someone if I am feeling anxious or worried about something.

My well-being and mental health is very important. Having a healthy mind set and a good well-being will make me feel happy and help me to enjoy everyday life to the fullest!