

Let's talk about anxiety

 Oxfordshire Discovery College

We all worry about things sometimes.

What are some things that worry you?

It's important to talk about the things that worry us.

Who do you talk to about your worries?



When we get worried, sometimes it can help to think about things that make us happy.

Let's make a list of things that make you happy!



Examples: fun memories, people you love, your favourite objects

Some people have anxiety and struggle a lot with worrying.

This can lead to other problems, such as:



Feeling panicked and really worried a lot

Having a hard time falling sleep



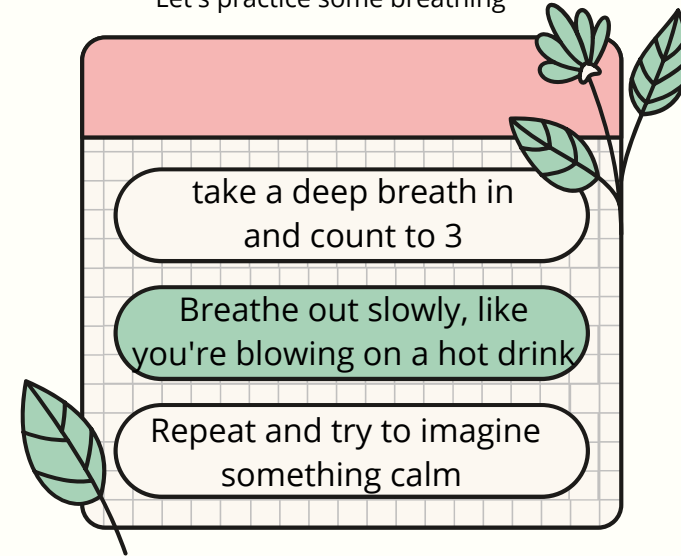
Headaches, dizziness, feeling sick

Finding it hard to breathe



When people get stressed, it can sometimes be hard for them to breathe

Let's practice some breathing



But isn't it normal to worry about things sometimes?

Of course! It's perfectly normal to feel anxious about things that scare us. But if it happens too often, you should speak to an adult you trust about it



Got any more questions? Why not ask an adult to research anxiety together?