

Anxiety

WHAT IS IT?

Anxiety is a normal, biological response to scary situations, it has kept humans alive for thousands of years. Our anxiety alarm can start to go off in situations where we are actually safe, our body tells us otherwise and sends hormones that make us feel very uncomfortable and out of control.

REMINDER

With practice you can learn to let your alarm know that it doesn't need to go off in every situation that makes you nervous or worried - like trying something new or when something doesn't go to plan or changes last minute!



Take 6
6 Breaths
6 'I am safe'
statements



Talk to
someone
you trust

Learn more about anxiety
and what sets off your
own alarm

Grounding.

Notice things around you,
count the things you can
see, hear and touch

Talk back to the anxiety to
reduce stress hormones
being released.



Explore more

SCAN ME

