



TRAINING NETWORK

MANAGING ANXIETY

Anxiety is your mind trying to protect you.
You can learn ways to manage it and feel more in control.
You're stronger than you think.
One step at a time.

TEEN RESOURCE



It's okay
to feel anxious.
It's not
dangerous.
It will pass.

You can't
always control
what happens,
but you can
control how
you respond.

★ WHAT IS ANXIETY?

Anxiety is a feeling of worry, nervousness or fear about something that might happen.

It can feel:

- ♥ Worrying a lot
- ♥ Racing thoughts
- ♥ Fast heartbeat
- ♥ Tense muscles
- ♥ Feeling sick or shaky
- ♥ Trouble sleeping or concentrating



Everyone feels anxious sometimes.
It's a normal human response.

👤 COMMON ANXIETY TRIGGERS



Knowing your triggers can help you plan healthy ways to cope.

👍 SIGNS OF ANXIETY

- ♥ Worrying a lot or feeling on edge
- ♥ Racing or painful heartbeat
- ♥ Sweaty, shaky or dizzy
- ♥ Tight muscles or headaches
- ♥ Feeling sick (stomach aches, nausea)
- ♥ Trouble sleeping
- ♥ Avoiding things you normally do
- ♥ Trouble focusing



Noticing the signs early can help you use strategies that work.

STRATEGIES TO MANAGE ANXIETY

1. BREATHE

Slow, deep breaths calm your body and mind.



Try: 4-7-8 breathing (see guide on the right)

2. GROUND YOURSELF

Focus on the present moment.

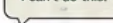


Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.

3. CHALLENGE YOUR THOUGHTS

Notice unhelpful thoughts and replace them.

I can't do this.



I'll try my best and take it one step at a time.

4. MOVE YOUR BODY

Exercise releases pent-up energy and boosts your mood.



Even 10 minutes can make a difference.

5. TAKE A BREAK

Step away from stress when you need to.



Listen to music, read, draw or do something you enjoy.

6. REACH OUT

You don't have to deal with it alone.

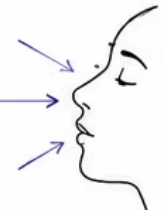


Talk to someone you trust.

4-7-8 BREATHING

A simple way to calm your body.

- 4 Inhale quietly through your nose for 4 seconds.
- 7 Hold your breath for 7 seconds.
- 8 Exhale slowly through your mouth for 8 seconds.



Repeat 4 times.
Use anytime you feel anxious.

Practice different strategies and find what works best for YOU.

☀️ DAILY HABITS THAT HELP

- ✓ Get enough sleep (8-10 hours)
- ✓ Eat balanced, healthy meals
- ✓ Stay hydrated
- ✓ Limit caffeine and energy drinks
- ✓ Get regular exercise
- ✓ Spend time in nature
- ✓ Keep a routine
- ✓ Take time to relax



Small daily habits = a calmer mind.

💖 WHAT TO DO IN THE MOMENT

When anxiety feels overwhelming, try these quick tools:

- 👉 Focus on your breathing
- 💧 Splash cold water on your face
- 🧘 Stretch or relax your muscles
- 💬 Remind yourself: "This will pass."
- 💖 Use positive self-talk
- 🏠 Visualise a safe, calm place

You can ride the wave. It won't last forever.

! WHEN ANXIETY GETS IN THE WAY

It's okay to ask for help if:

- ♥ You worry all the time
- ♥ It's hard to go to school or do things you used to enjoy
- ♥ You feel extra tired or on edge most days
- ♥ You have panic attacks
- ♥ You feel hopeless

Asking for help is a sign of strength, not weakness.
There are people who care and want to help.



📋 ANXIETY CHECK-IN

How is my anxiety right now?

- 5 - 😡 Overwhelmed
- 4 - 😞 Very anxious
- 3 - 😟 Anxious
- 2 - 😊 A little worried
- 1 - 😌 Calm

Check in with yourself daily.

🕒 WORRY TIME

Set aside 10-15 minutes a day to write down your worries.



Then remind yourself:
I'll worry about it during my worry time, not right now.

Helps stop worries from taking over your day.

💬 POSITIVE SELF-TALK

Be kind to your mind.

Instead of:

What if I mess up?

Try:

I'll do my best and learn as I go.

Your words matter.
Speak to yourself like you would a friend.

💖 MY CALM BOX

Create a box (or list) of things that help you feel calm.

- ♥ Photos or memories
- ♥ Fidget toy
- ♥ Playlist
- ♥ Affirmation cards
- ♥ Scent you love
- ♥ Journal



Use it whenever you need a reset.

🔒 I CAN CONTROL...

Focus on what's in your control.

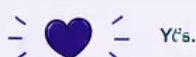
I can control:

- ♥ My attitude
- ♥ My effort
- ♥ My choices
- ♥ How I respond
- ♥ Asking for help
- ♥ My goals

I can't control:

- ♥ What others think or do
- ♥ The past
- ♥ The future
- ♥ Everything!

Focus on what you can control and let the rest go.



YOU ARE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM,
AND CAPABLE OF MORE THAN YOU KNOW.
BREATHE. BELIEVE. YOU'VE GOT THIS.



LEARN • GROW • THRIVE

Helping children, teens and families build a healthier, happier future.



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