



TRAINING NETWORK

WHAT IS ANXIETY?

Anxiety is when you feel worried, scared or nervous about something that might happen.

It's your body's way of trying to keep you safe.

CHILD RESOURCE



WHAT ANXIETY CAN FEEL LIKE

Everyone feels anxiety sometimes. You might:

- ✓ Worry a lot
- ✓ Feel scared or nervous
- ✓ Have a racing heart
- ✓ Sweat or feel shaky
- ✓ Find it hard to concentrate
- ✓ Feel sick or have a tummy ache
- ✓ Find it hard to sleep



REMEMBER: Anxiety is normal, and it doesn't mean there is something wrong with you.



WHAT CAN HELP?

Try these ideas when you feel anxious:

- ✓ Talk about how you feel
- ✓ Take slow, deep breaths
- ✓ Focus on the things you can control
- ✓ Take breaks and move your body
- ✓ Think positive thoughts
- ✓ Ask for help – you don't have to do it alone
- ✓ Be kind to yourself



REMEMBER: You can learn skills to manage anxiety. It takes practice, but you can do it!

COPING STRATEGIES THAT WORK



BREATHE

Take 5 slow, deep breaths. Breathe in through your nose and out through your mouth.



MOVE

Exercise or stretch to help your body feel better and release built-up worry.



THINK

Challenge worried thoughts. Ask yourself, "Is this thought helpful or true?"



DISTRACT

Do something you enjoy like reading, drawing, listening to music or playing.



CONNECT

Talk to someone you trust – a friend, family member or teacher.



RELAX

Try mindfulness or relaxation techniques like counting or visualising a calm place.



YOU ARE NOT ALONE

Lots of children feel anxious sometimes. It's important to remember:

- ✓ It's OK to have worries
- ✓ It's brave to ask for help
- ✓ You are stronger than you think!



Need to Talk?

If your worries feel too big or don't go away, talk to an adult you trust. There are people who can help.



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