



# When I Feel Anxious

- When I feel anxious I am feeling uncomfortable about something.
- I don't always know why I feel anxious. I just do and this is OK.
- Most people feel anxious sometimes. It is not easy to know when someone else is anxious. Most people will not know when I am feeling anxious.
- Usually the best thing to do when I feel anxious is to tell someone how I feel. This can be a close friend or a trusted adult who will listen to me without judging me. If I can't talk to someone there are lots of things I can do. This includes:
  - imagining that I'm in a place where I feel safe and calm
  - thinking about a favourite book or film
  - breathing slowly
  - wiggling my toes and fingers
  - doing any activity that makes me calm
- It is OK if I feel anxious sometimes. If I want I can try to talk to someone about it. I can also do things to help me cope with feeling anxious.

