



© Karen Moskowitz/Getty Images

Learning About Anxiety

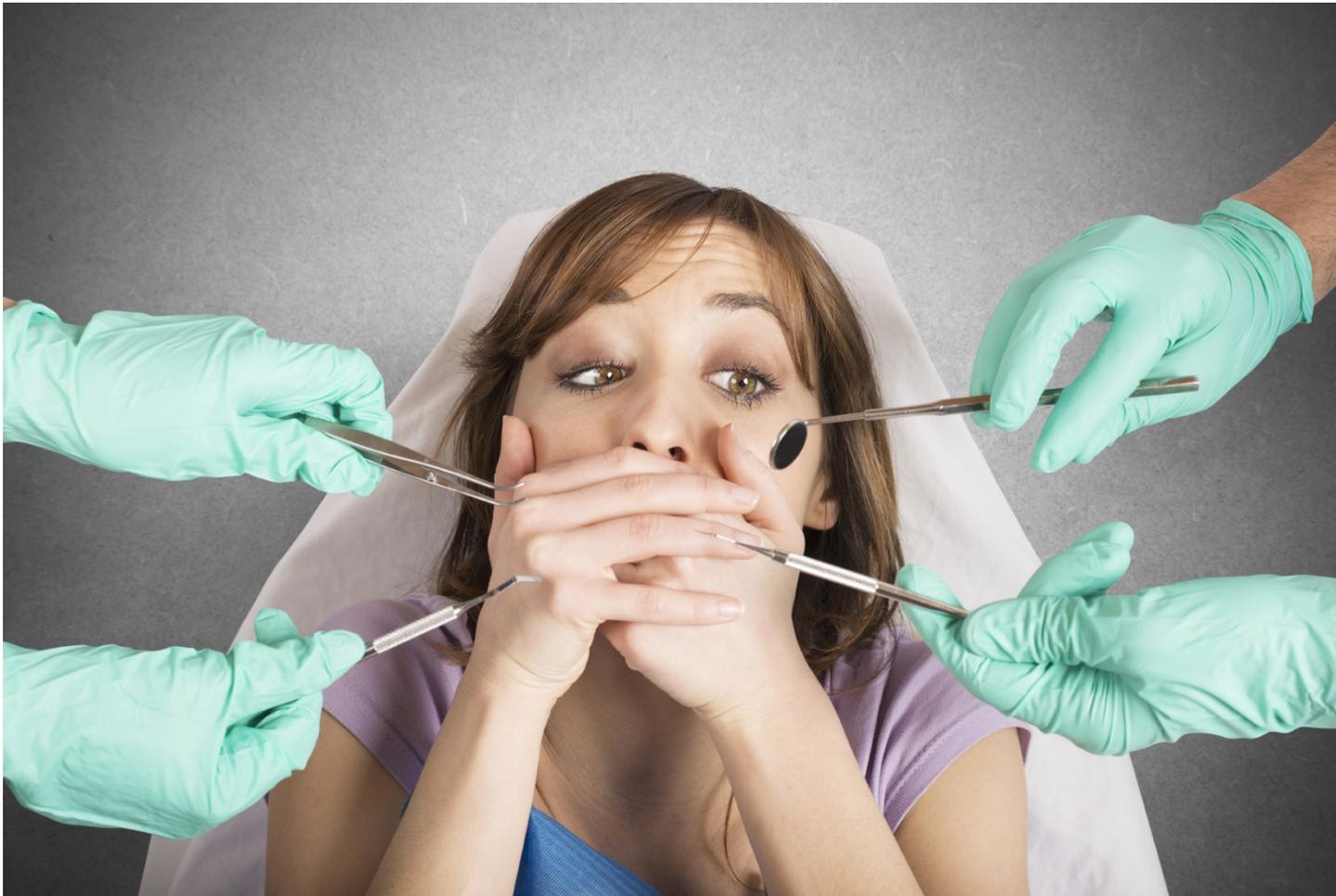
Anxiety or worry is a normal emotion – it helps us cope to new or difficult situations.



Everyone experiences anxiety or worry at one time or another.



Sometimes there are reasons for feeling
anxious.



Other times our thoughts may cause us to feel anxiety.



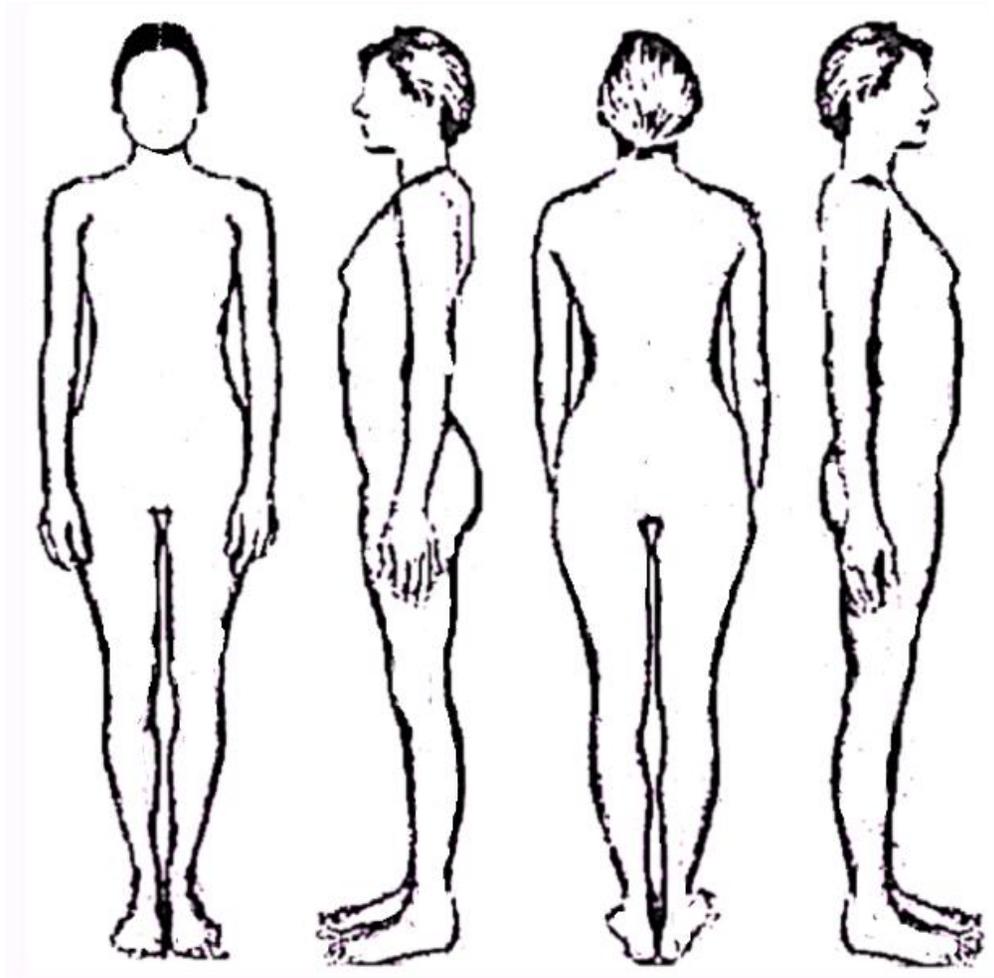
Imagine your body is an empty jar. Your thoughts or feelings go into the jar like rocks.



When your jar is full, you feel
overwhelmed with worries.



When you are overwhelmed with worries, you notice some changes in your body.



For example, your body temperature may begin to feel warm or hot. When this happens, take off any extra layers of clothing.



f may also be helpful to splash some cool water on your face. If you are in the car, roll down the window.



You may also feel anxiety in your tummy. It may feel like it's filled with butterflies. Drinking a cold glass of water may help you feel better.



An anxious tummy feels different than a sick or constipated tummy.



Other feeling that you may experience when you are worried may include: a headache, a heavy chest, sore muscles, dry mouth, difficulty catching your breath or sleepiness.



When you are overwhelmed with worry, there are some things you can do to help you feel better.

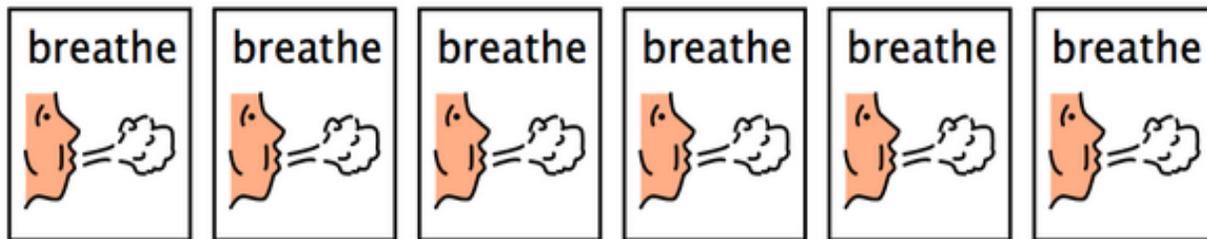


© Karen Moskowitz/Getty Images

First, take 5 deep breaths. Breathe in slowly through your nose and out through your mouth. **Let's practice.**

I will take 5 deep breaths

1	2	3	4	5
---	---	---	---	---



Close your eyes and think of a place or a person that makes you feel safe or happy.



For example, if being at home makes you happy. It may make you feel better to think of your room



f your mother makes you feel safe. Think
of her. Imagine she is giving you a big
hug.



**Let's
practice.**



Exercising one time per day is good for your body and helps keep your worries away.



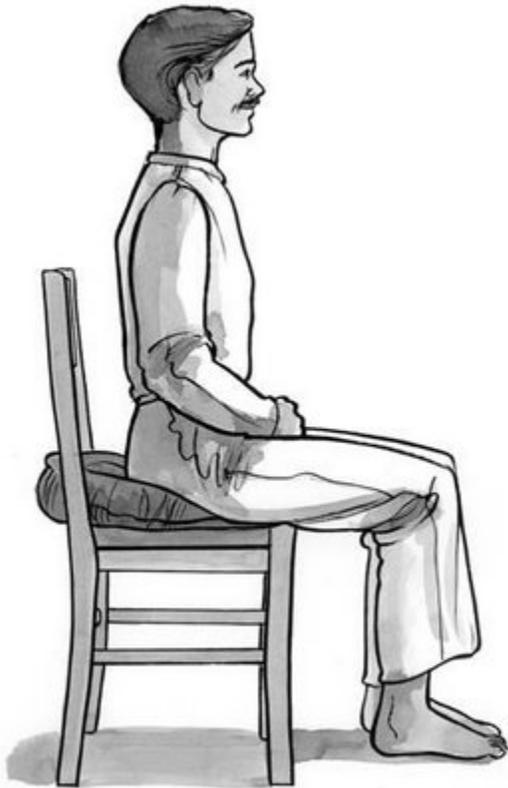
For example, practicing yoga, swimming,
or dancing. **Let's practice.**



Other ways you can prevent yourself from feeling anxious is to practice your relaxation routine every day.

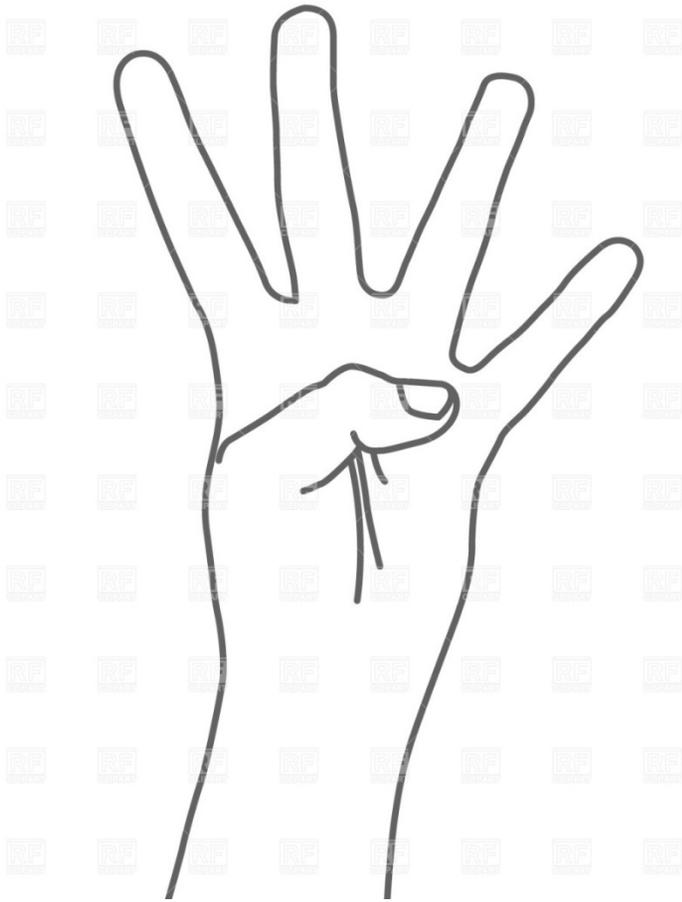


Let's practice.



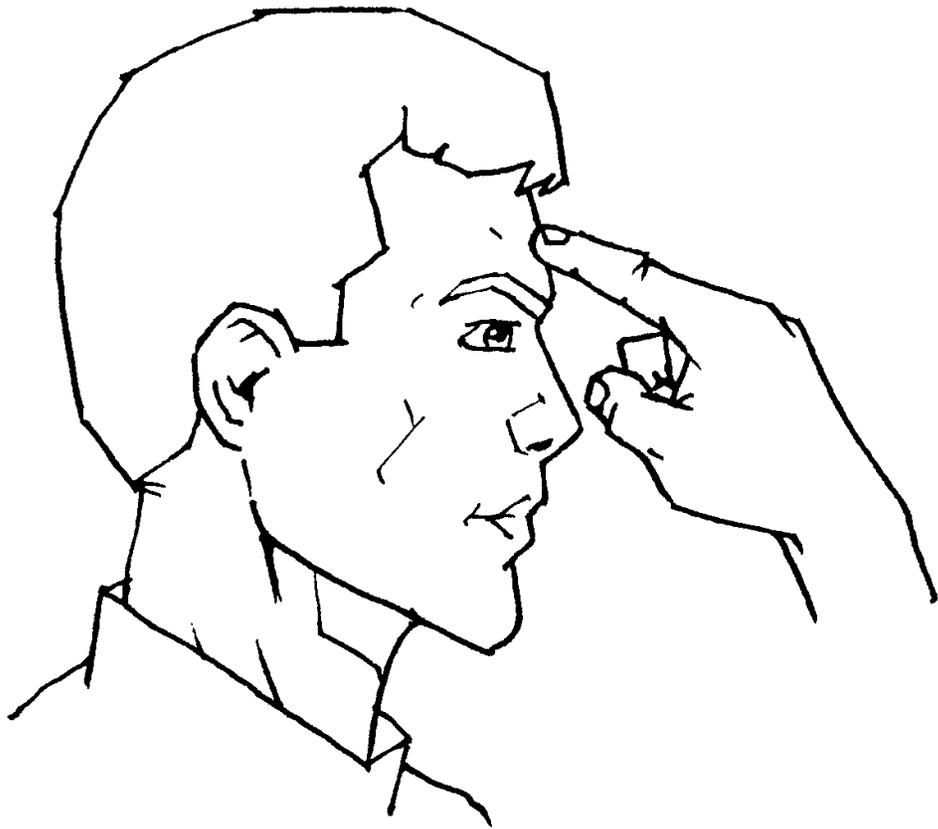
- Sit in chair with your feet flat on the floor.
- Your back should touch the back of the chair.
- Keep your head centered on your body.
- Rest your hands on your lap.

Next, tighten and relax your muscles.



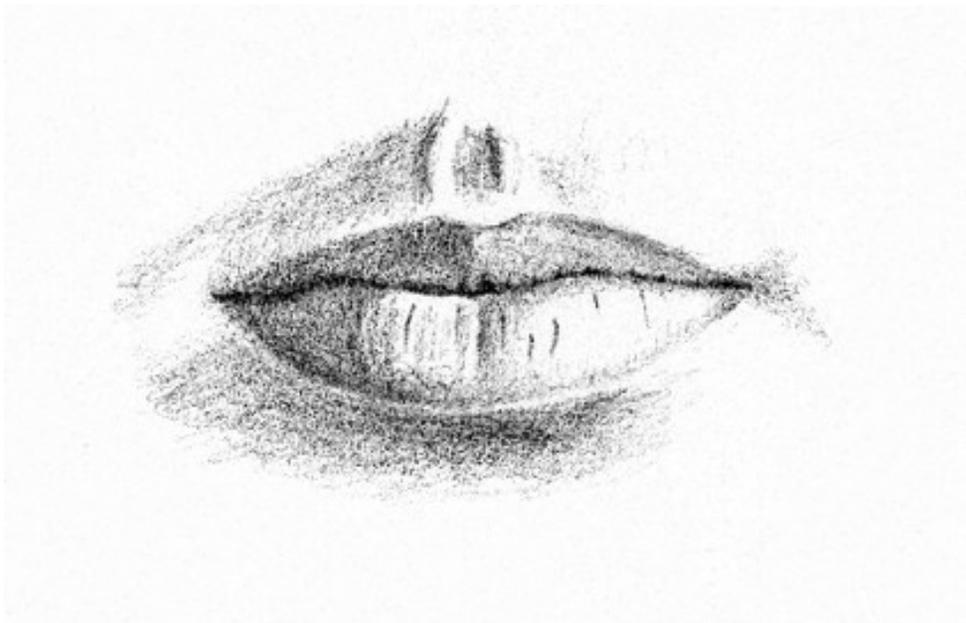
1. Tighten your muscles.
2. Notice the feeling in the muscles that are tense.
3. Slowly relax.
4. Enjoy the relaxation.

Forehead



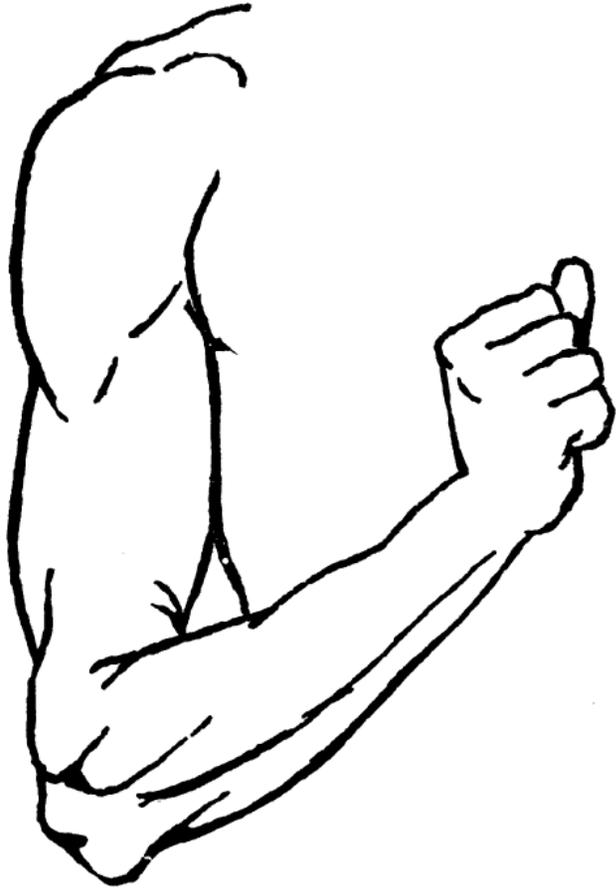
- Wrinkle up your forehead for 5 seconds.
- Slowly relax your forehead.
- Pay attention to the tension and the ensuing relaxation.
- Wait about 10 seconds.

Lips



- Pucker your lips.
- Pay attention to both the upper and lower lips.
- Slowly relax your muscles.
- Notice the difference.
- Wait about 10 seconds.

Arms



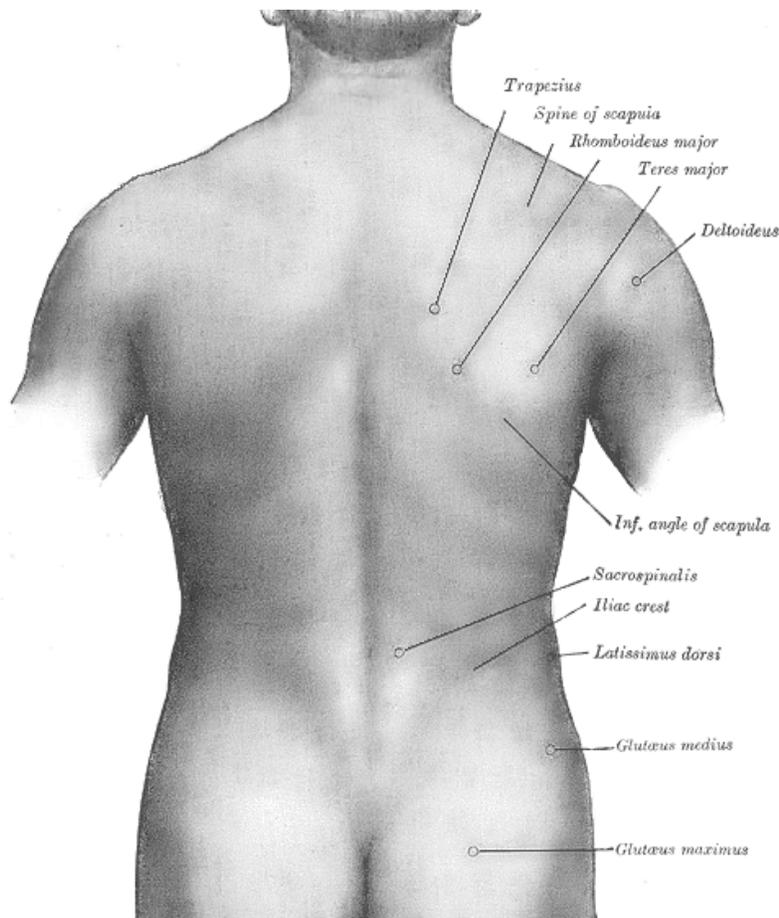
- Put arms out straight and make a fist.
- Make whole arm tense (biceps, forearms, triceps, hand).
- Slowly relax your muscles.
- Notice the difference.
- Wait about 10 seconds & repeat with other arm.

Legs



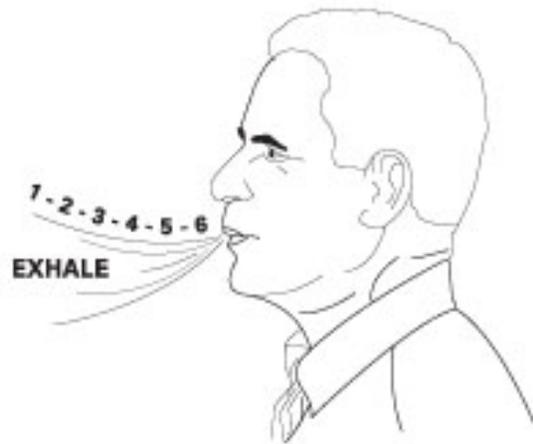
- Straighten leg.
- Make whole leg tense (foot, calves, thigh, quadriceps).
- Slowly relax your muscles.
- Notice the difference.
- Wait about 10 seconds & repeat with the other leg.

Back



- Lean forward in your chair.
- Bring your elbow up and back and push them toward each other).
- You should feel this in the centre of the back. Hold.
- Slowly relax your muscles.
- Notice the difference.
- Wait about 10 seconds.

Finish your relaxation routine with a breathing exercise.



- Close your eyes.
- Scan your body. Be aware of any tense areas and relax them.
- Take slow deep breaths and as you breathe out, say,
“R-E-L-A-X-E-D”
- Repeat 5 times.

You can also use tools such as your glasses, vest, or head phones to help you. **Let's practice.**



If your worries get too big – Don't be afraid to ask for help.



You can do this by saying, “I feel sad or anxious. I need help to feel better.”



A family member or friend can help you
calm your body so that you can feel
better

