



Anxiety

Thank you for reading.
We hope you have a
nice day.

Anxiety is a common mental health condition where you often feel very anxious about lots of different things.

Anxiety is a natural response to feeling threatened, stressed or under pressure.

Symptoms of Anxiety

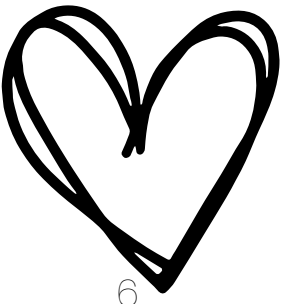
- Trouble breathing (both shortness of breath and breathing faster than normal)
- Unable to stay calm and still
- Uneasy feeling, panic or danger
- Dizziness or feeling weak
- Trouble sleeping

Space to write down your feelings or draw a doodle

MJ and Deb's top tips

- Calming breathing exercises
- Do more exercise
- Eat a healthy diet
- Try to sleep without your mobile next to your bed

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart



Check out YouTube for this useful video "The

Anxiety"