

This is Mariam and Jake:
Many things are changing in their lives
and this makes them feel worried.



Mariam feels as if she has butterflies in her stomach and Jake feels dizzy, his palms are sweating and his heart is beating very fast.



When you feel like Mariam and Jake,
this may mean that you feel **anxious**.



Anxiety is a feeling. It is how the body reacts to scary thoughts and situations. It is a sign that we need to do something about it to feel better.



There are many things that you can do.
First, say how you feel. Saying 'I feel worried'
is the first step to taking control of that feeling.



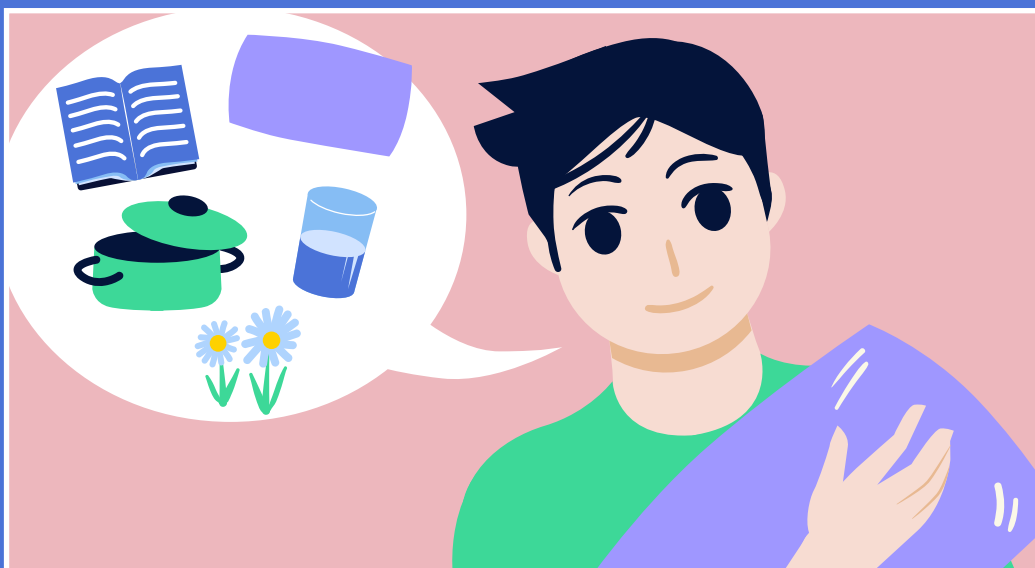
Take a deep breath while counting to 4, then hold your breathe for 2 seconds, breathe out for 4 seconds, and hold for 2 seconds. Repeat 6 times.



Notice where you are
- name 5 things you can see.



Notice 5 things you can hear,
name 5 things you can smell or touch.



Draw or use clay to show how you feel.



Recall your happiest memory.



Speak to parents or someone you love
and ask for a hug.

