

what is anxiety?



- **anxiety** is when you worry about things too much
- it is not good for you to worry all the time



- anxiety can make you feel dizzy
- it can make you feel confused
- it can make you feel like your mouth is dry



- it can make your heart beat faster
- it can make you feel very hot
- it can make your hands sweaty
- it can make your fingers and toes feel tingly
- it can make you feel like your legs are wobbly and you are going to fall over



- it can make you feel like your hands are shaking
- you may need to go to the toilet a lot
- you may feel like you have butterflies in your stomach

there are many reasons a person can get **anxious**



- when you are having health problems
- when you are having money problems
- when you do not know what is going to happen
- when you do not know how to solve a problem
- sometimes it is hard to know why you are feeling anxious

there are many things that can make you **anxious**



- going to a place where there are lots of people
- talking to people you do not know too well



- spiders
- dogs



- being in small spaces like lifts or small rooms



- **anyone** can get anxious
- lots of people feel better when they get help