Feeling Anxious and Worried

Sometimes I feel anxious or worried.

When I feel anxious or worried:

- My stomach may hurt
● My head may hurt

● Other parts of my body may hurt
When I am anxious and worried, I may get upset at my family or friends.

It is OK to tell my family and friends that I am upset.
When I get anxious or worried:

- I can try to take deep breaths

- I can try to go to my calming area

- I can try to squeeze my hands together
- I can try to count to 10

When I try to do these things, I may feel better.
When I feel better, my family will feel better.