



Feeling Anxious and Worried

Sometimes I feel anxious or worried.



When I feel anxious or worried:

- My stomach may hurt



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- My head may hurt



- Other parts of my body may hurt



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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.



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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



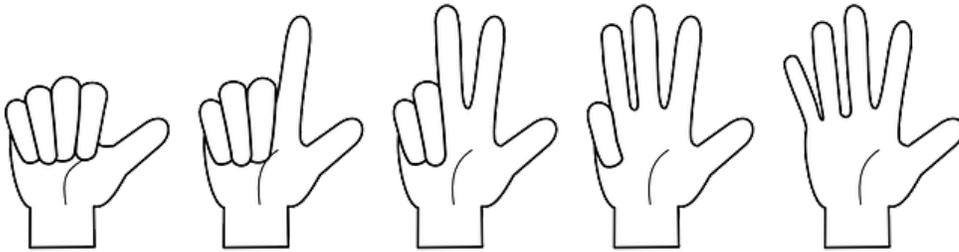
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- I can try to count to 10



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



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