

ANXIETY

SELF HARM

ANGER

LOW MOOD

STRESS

FUTURE

The Chemistry of  
ANXIETY

SCHOOL  
EXAMS

NEW PEOPLE

RELATIONSHIPS

# ANXIETY

## What is it?

A constant worry that things will go wrong.  
An unsettling feeling that won't go away.  
When you can't stop thinking negatively about things.

## What does it look like?

Can't keep still or fidgeting. Not eating as you normally would. Aches and pains in stomach and joints. Feeling tired, but can't sleep. Not taking much information in when people are speaking. Heart racing. Feeling dizzy.

## How to deal with it?

- Go to bed at the same time each night.
- Make sure your bed is comfortable.
- A good sleep routine, if possible 7-8 hours.
- No alcohol, energy drinks or caffeine.
- Don't exercise too late.
- Keep a diary of things that are worrying you.
- Talk to family and friends, or someone you feel comfortable talking to.
- Avoid playing on phones, computers and tablets at night.
- If things don't improve, contact your GP.

