

FEELING ANXIOUS

WHEN YOU'RE STRESSED IS NORMAL...



FEELING ON
EDGE AND RESTLESS



FEARING THE
WORST WILL HAPPEN



TRAUMATIC
EXPERIENCE



FEARING YOU'LL
LOSE CONTROL

RECOGNISING ANXIETY



BREATHLESSNESS



TROUBLE SLEEPING



CAUSES OF ANXIETY



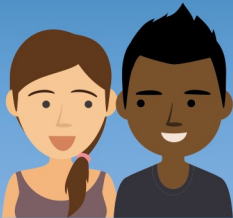
GENETIC INHERITANCE



TOO MUCH STRESS

BUT IF YOU'RE FEELING WORRIED OR UNEASY A LOT OF THE TIME,
ANXIETY COULD BE A PROBLEM

SO WHAT CAN YOU DO?



TALK
TO SOMEONE
YOU TRUST



TAKE
EXERCISE



TRY
COUNSELLING



LEARN
RELAXATION
TECHNIQUES



ANXIETY CAN MAKE YOU FEEL LIKE
YOU HAVE NO CONTROL, BUT IT IS A
MANAGEABLE HEALTH CONDITION

FIND OUT ABOUT THE THINGS
YOU CAN DO AND THE HELP YOU
CAN GET

[BWCHARITY.ORG.UK/MIND/ANXIETY](https://www.bwcharity.org.uk/mind/anxiety)



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