

WHAT IS WORRY ?

Name

Birthday

School

WORRY IS AN EMOTION IT IS ALSO CALLED ANXIETY

When people describe anxiety, they tend to use words like:



ANXIETY WORD SEARCH

See if you can find the six words above in the word search below.

D	R	E	A	D	X	W	Q	R	Z	S
D	C	J	K	T	W	X	V	S	S	P
W	U	B	G	E	A	Z	A	E	M	J
O	V	H	J	N	P	M	N	W	X	O
V	T	G	U	S	J	S	K	Z	Q	B
W	Z	C	K	I	U	I	M	L	Z	A
O	X	U	S	O	M	Q	F	O	P	L
R	O	A	V	N	L	G	E	Q	D	S
R	E	R	A	Q	M	B	A	H	J	E
Y	E	C	T	Y	P	C	R	F	R	U
N	F	R	Y	P	M	P	A	N	I	C

WORRY IS NORMAL!

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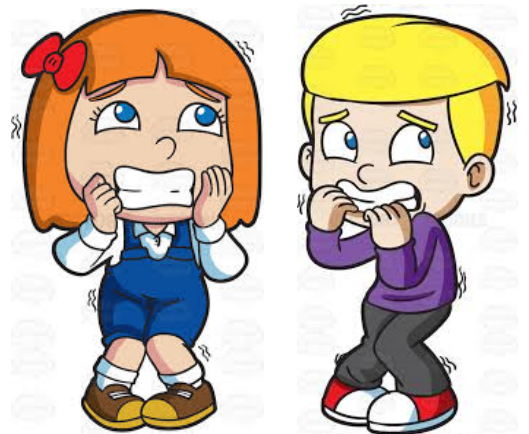
WORRYING IS SOMETHING THAT ALL OF US DO , EVERYDAY - CHILDREN, YOUNG PEOPLE AND ADULTS. ITS A NORMAL PART OF LIFE.

For example, most people will feel **NERVOUS** at some point in their lives, performing in a school play or going on a rollercoaster.



Its also normal for us to **WORRY** about certain things at certain times, such as if a family member is ill.

And it is normal to experience **FEAR** when faced with a dangerous or life threatening situation. In fact **FEAR** is important when we face dangerous situations because **FEAR** triggers a series of temporary physical changes in our bodies to help us deal with the danger ahead.



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THE FIGHT - FLIGHT - FREEZE RESPONSE

When we experience anxiety it triggers our **'fight-flight-freeze'** response and prepares our bodies to defend themselves.

For instance, our heart beats faster to pump blood to our muscles so we have the energy to run away or fight of danger.

When we freeze, we may not be noticed, allowing the danger to pass.

Without anxiety, humans would not have survived !!



Fight



Freeze

Flight



WORRY IS NORMAL!

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THE FIGHT - FLIGHT - FREEZE RESPONSE

So just imagine you are hiking in the woods and you come across a bear.

What is the first thing you would do ?

You may run away from the bear, or you may simply freeze. Another reaction is to yell and wave your arms to appear big and scary. These are the three ways humans react to danger.

FIGHT , FLIGHT OR FREEZE.

When we are anxious, we react in one of these ways, too. we may take **flight** and run away or avoid situations that make us **anxious**.



Or we may **freeze**, such as when our minds go blank and we can't think clearly.

Or we may **fight**, get angry and lash out at people.



Can you think of some ways you may fight, flight or freeze because of anxious feelings ?

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WORRY IS ANXIETY

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ANXIETY CAN BECOME A PROBLEM

when our body reacts as if in danger in the absence of REAL danger.

Imagine your body is a bit like a smoke alarm

A smoke alarm is there to help protect us when there is an actual fire,



but sometimes a smoke alarm is too sensitive and goes off when there isn't really a fire like burning toast in the toaster.

Like a smoke alarm anxiety is helpful when it works right. But when it goes off when there is no real danger, then we may want to fix it .

HOW ANXIETY WORKS

There are three parts of anxiety

Thoughts - what we say to ourselves

Physical feelings - how our body responds

Behaviour - what we do or our actions

Complete the worksheet 'How I Feel Worry' to help identify how you feel anxiety.