

Feeling afraid



Feeling afraid is a normal part of being human.



It is useful because it helps us to protect ourselves from danger.

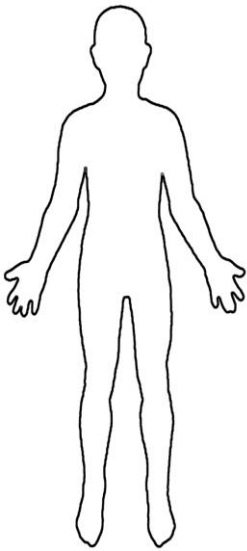


Imagine a dangerous animal approached you...

Feeling afraid



You would probably become afraid.



Being afraid makes changes to your body which help you to survive.



Your body would become prepared to either run away or fight. Helping you to survive.

Feeling afraid



Some people feel afraid in situations where they are not in any danger. This is called anxiety.



This is normal in some situations. Like competitions, or job interviews.

The problem of anxiety



Anxiety is a problem when it is so extreme that it stops you from getting on with your life.



It might happen all the time.



You might feel like you can't control it.

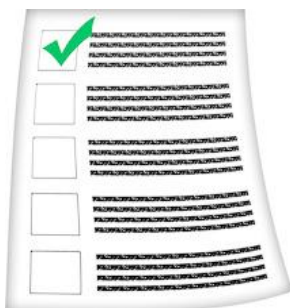
The problem of anxiety



It might make you feel extremely upset and stressed.

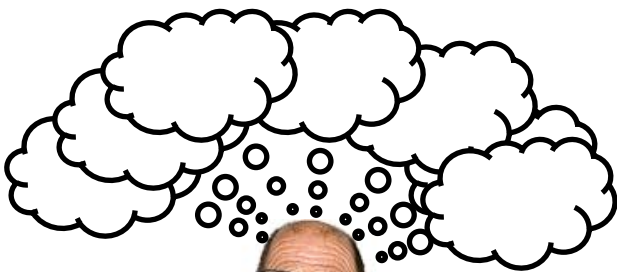


This type of anxiety happens in lots of different areas of life.



On the next few pages are a list of what some people experience with anxiety. Tick those that are true for you.

The problem of anxiety



I always have worries running through my head over and over.

I feel very uptight and restless.

I feel like I can't control my worries. They are all I can think about.

The problem of anxiety



No matter how much I try not to think about my worries, they keep popping back into my head.



I need to know what is happening in the future. I find not knowing very difficult.



I find it difficult to sleep.

The problem of anxiety



I find it very difficult to concentrate on anything else.



When I have things to do I put them off as I find it all a bit too much.



I avoid situations which make me worry.



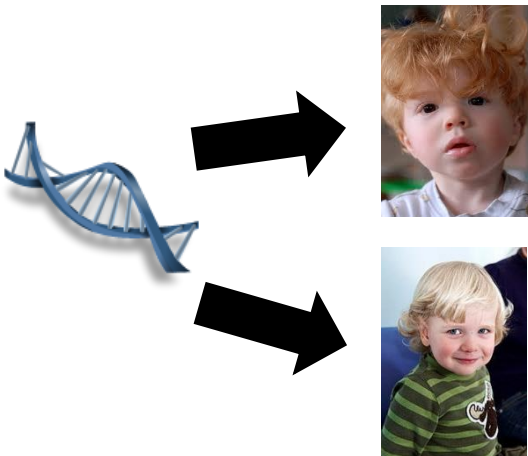
What causes anxiety?



So what causes someone to have anxiety?



In our body there are lots of small units called genes. They look a little like this.

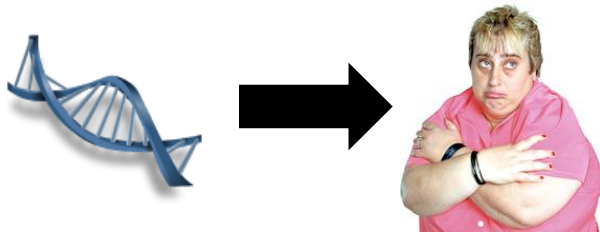


Genes decide lots of things about people, like the colour of their hair and eyes.

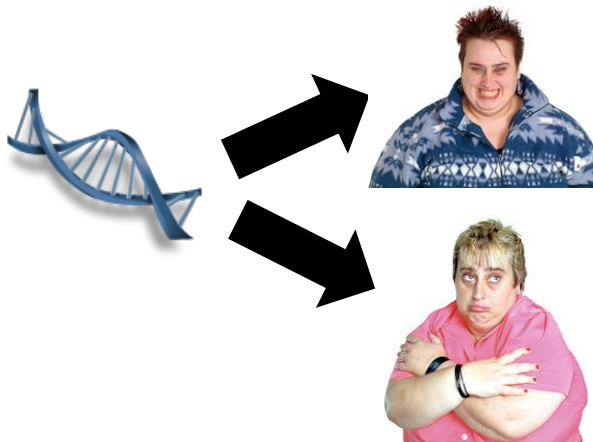
What causes anxiety?



Genes are passed on through the family.



People who have certain genes might be more likely to develop anxiety.



But not everybody with these genes will. Other things need to happen too.

What causes anxiety?



Someone might have experienced lots of stress or trauma.



Someone might have lots of people around them who are anxious.

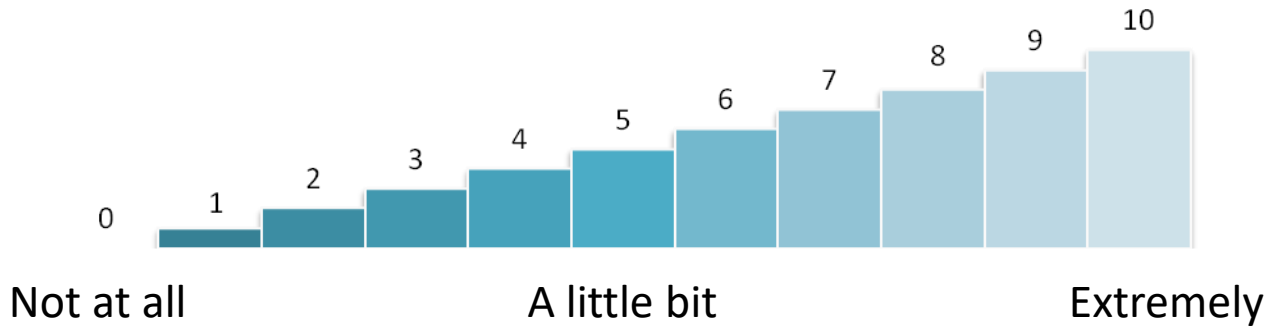


Someone might have avoided their worries for so long that they seem much worse than they are.

My anxiety

Take some time to answer these questions

Overall, how stressed and upset does your anxiety make you feel?



Overall, how much of a problem is your anxiety?

