

## Easy Read- Anxiety

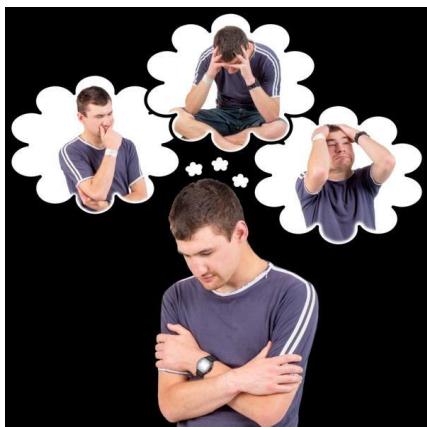
### What is Anxiety



Anxiety means feeling worried about something that has not happened yet.



Anxiety is not the same as being scared when you are in danger.



We do not all worry about the same things.



Some people do not know why they feel worried.



When you feel anxious, your heart might beat quickly.



You may also feel pain in your head or stomach.



Some people find it hard to sleep when they are anxious.



When you feel anxious, it can be helpful to take deep breaths to calm down.



These videos are good to help you calm down:

<https://www.youtube.com/watch?v=Zyeq-4tvmqE>

[https://www.youtube.com/watch?v=30VMI\\_EmA114](https://www.youtube.com/watch?v=30VMI_EmA114)