

## -Anxiety-

### what does it feel like?

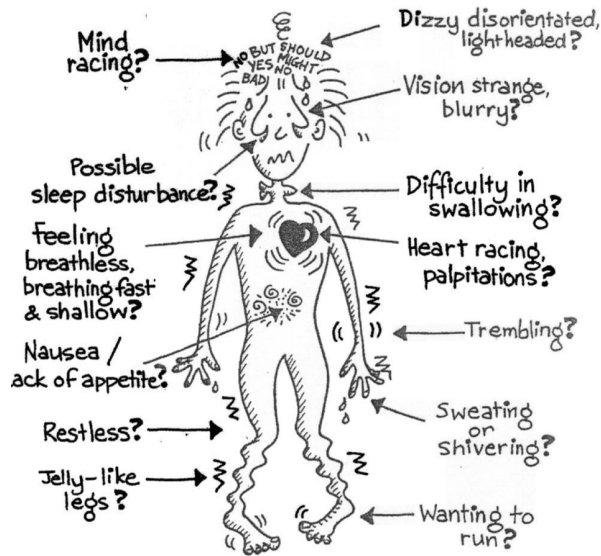


Image:  
<https://qnh.fs.quoracdn.net/main-qimg-715d9160e7d3c205b436add326cdf26webp>

### What is anxiety?

Anxiety is a common emotion which many people (adults and children) deal with on a daily basis. Anxiety is a feeling which has been described as an uneasiness, worry, or concern. In more intense cases there is a feeling of dread, fear or panic. It can also have physical changes in the body, such as increased heart rate, muscle tension and rapid breathing. Dealing with anxiety is about managing the anxious feelings not eliminating it.

### What can help?

- Practice mindful breathing. Try 4-7-8 breathing-breath in for 4 seconds, hold for 7 seconds and breath out for 8 seconds.
- Talk to someone about how you feel. Sharing thoughts and feelings with another person can help you feel calmer and more relaxed.
- Go outside. Spending a few moments in nature can change your perspective about the situation.
- Ground yourself in the present moment:
  - 5 things you see
  - 4 things you hear
  - 3 things you feel
  - 2 things you smell
  - 1 thing you taste

### Other information:

If anxiety is keeping you from participating in activities and events and the thoughts are becoming excessive you may need to consult a professional who specializes in anxiety disorders.

Resources:

<https://kidshealth.org>

<https://childmind.org>

<https://www.drweil.com>

\*This information is not a diagnosis or substitution for medical advice. It is intended as information to guide the reader.