

# Anxiety

Triggers Here are some examples of triggers

- Getting shouted at by your mum or dad.
- Having to go to school when you don't want to go.
- Going into a crowded place
- Not listening by accident
- Getting bullied
- Being scared to use your voice and saying what you think
- Being pushed to do something you don't want to do.
- Being annoyed.



## Triggers

## Top Tips

### Anxiety

**Top Tips**

- Go for a walk. Take a pet
- Have some of your favourite food
- Do what you do best
- Breathe in and out
- Take a nap
- Listen to music
- Ignore something
- Have a hot bath
- Do some colouring
- Reading a book
- Talk to someone
- Exercise
- Play sport
- Watch calm youtube videos

**You may think of some more ideas**

### Anxiety Effects

Here are some examples of how it may make you feel when you are anxious.

- Upset
- angry
- Sad
- Crazy
- feeling sick
- terrified
- horrid
- tummy ache
- distraught



## Effects

We are Mental Health and wellbeing Squad. We are year 5 and 6 pupils

We want to give advice to young people like us who have different issues - not matter how big or small. We want to help you and show you how to help yourself in different ways.

# Anger

Triggers

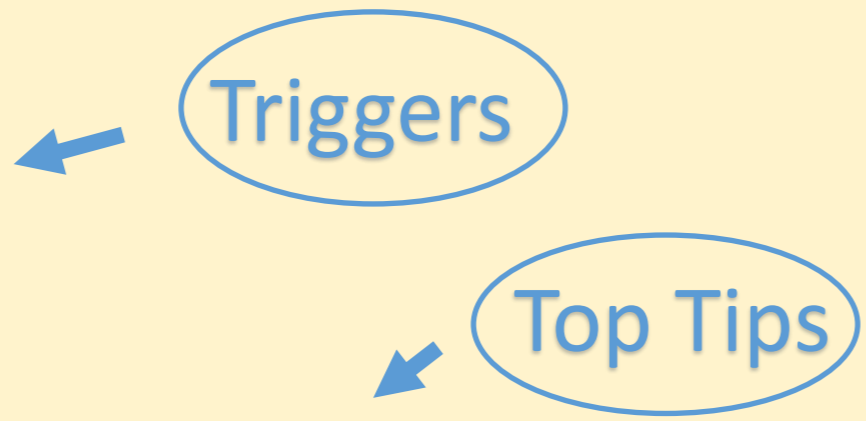
Here are some examples of triggers

- Someone being mean
- Making fun of you
- Being teased
- Can't do something
- Being left out
- Being lied to
- Being criticised by others
- Assuming others are talking about you
- Someone being mean
- Cyber bullying
- Others not sharing with you
- Others making you feel like you don't belong
- The way others look at you
- Parent and/or siblings

# Anger Effects

Here are some examples of how being angry might make you feel.

- mad
- sad
- violent
- Want to scream and shout
- shocked
- cry angry tears
- sweaty
- Want to stomp your feet
- unstoppable
- Lose control
- stressed
- feel empty
- don't feel like you belong.



# Anger Top Tips

- Cuddling your pets.
- Talk to a friend.
- Walk away
- Scream
- Close your eyes and think of something positive.
- Punch a pillow
- Find a space
- Breathing -out in in
- Listen to music
- Take a nap
- Go for a walk
- Ignore



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