

ANXIETY

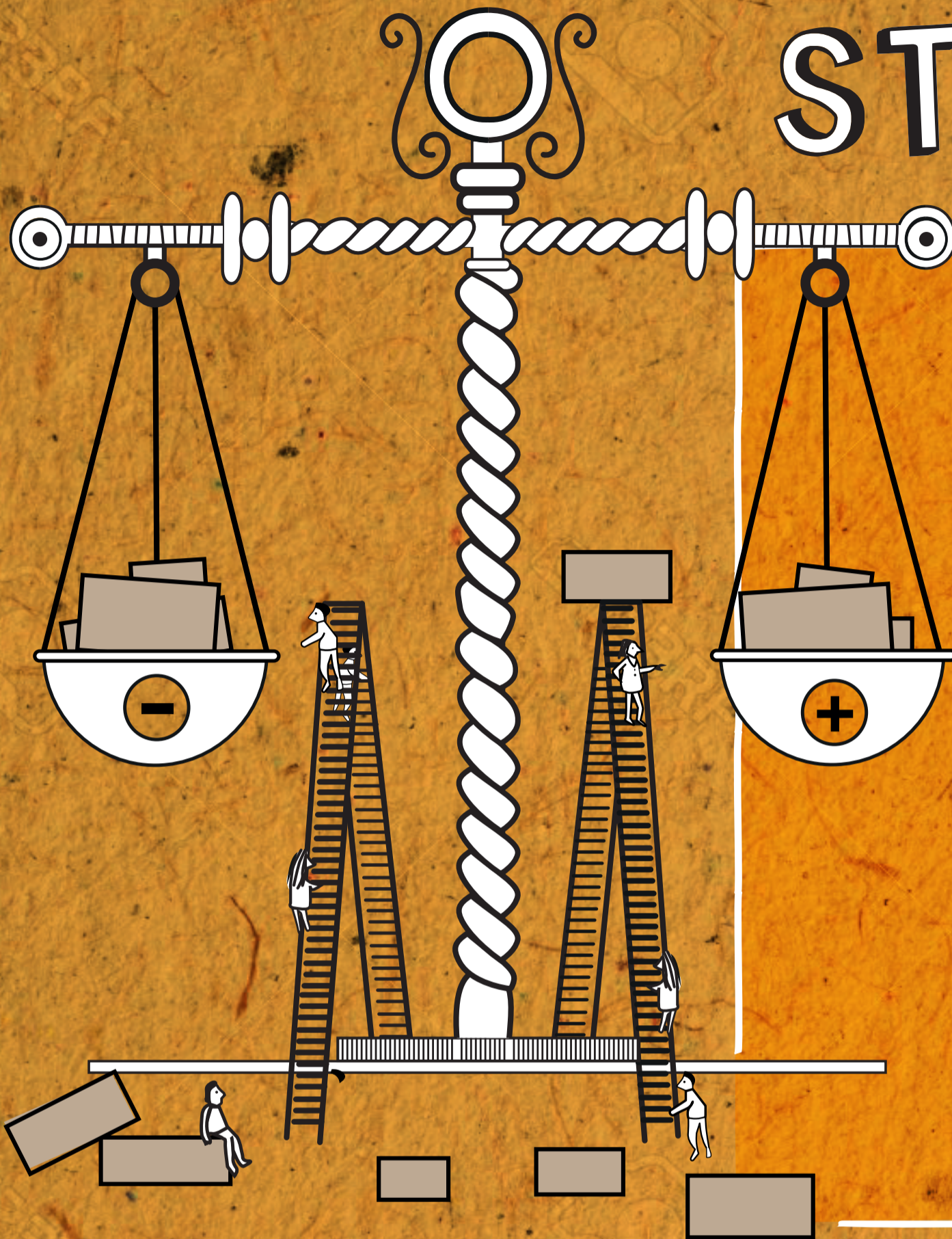
SELF HARM

ANGER

LOW MOOD

STRESS

STRESS



What is it? _____

Where you feel under pressure and like you can't cope or manage. A build-up of negative emotion that you can't get rid of.

What does it look like? _____

- Can't concentrate
- Clenching of fists and jaw
- Twitching
- Chest pains
- Butterflies in your belly.
- Pains in arms and legs
- Feeling cold.
- Skin rashes.

How to deal with it? _____

- Learn to remove yourself from stressful situations and take time out.
- Learn to understand the times when you are most likely to get stressed and find a suitable distraction
- Talk to someone about your stress
- If things don't change, contact your GP.
- Get into a good sleeping routine, sleep warm & comfortable.
- Plan your day
- Keep yourself busy; read, draw, colour and relax.
- Get regular exercise.