

All
Goods?

Feeling Anxious?

Stress and worry can be normal in new situations, but feeling like this all the time can **strain your wellbeing.**

Anxiety can feel like

Constant **fear or worry** about different things. It can be **intense, frequent,** and **hard to control.**

Sometimes making day-to-day tasks difficult.

Common body clues include:

- 1 Feeling nervous or tense
- 2 Trembling or sweating
- 3 Sore stomach/puku or feeling sick
- 4 Increased heart rate

Common body clues include:

5

Feeling weak or tired

6

Rapid breathing

7

Trouble concentrating or sleeping

8

Wanting to avoid situations that cause anxious feelings

Kōrero Prompt

“Is it hard to be around big groups?”

“Have you noticed worry taking up lots of space in your mind?”