

Anxiety presents itself in many different ways...

<p>The desire to control people and events</p> 	<p>Difficulty getting to sleep</p> 	<p>Feeling agitated or angry</p> 
<p>Defiance and other challenging behaviors</p> 	<p>Having high expectations for self, including school work & sports</p> 	<p>Avoiding activities or events (including school)</p> 
<p>Pain like stomachaches and headaches</p> 	<p>Struggling to pay attention and focus</p> 	<p>Intolerance of uncertainty</p> 
<p>Crying and difficulty managing emotions</p> 	<p>Over-planning for situations and events</p> 	<p>Feeling worried about situations or events</p> 

TYPES OF SELF-CARE

			
			
<p>PHYSICAL</p> <ul style="list-style-type: none"> Sleep Stretching Walking Physical release Healthy food Yoga Rest 	<p>EMOTIONAL</p> <ul style="list-style-type: none"> Stress management Emotional maturity Forgiveness Compassion Kindness 	<p>SOCIAL</p> <ul style="list-style-type: none"> Boundaries Support systems Positive social media Communication Time together Ask for help 	<p>SPIRITUAL</p> <ul style="list-style-type: none"> Time alone Meditation Yoga Connection Nature Journaling Sacred space