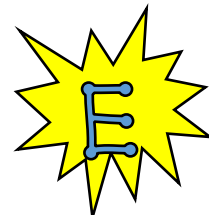


# What everyone NEEDS to know about anxiety



Anxiety is normal

Anxiety is our bodies reaction to a perceived danger. Sometimes it can be a real danger and at other times a situation where we feel there is danger. Both are Normal. Anxiety can become a problem if it affects our daily lives.



Anxiety is an emotion

We feel lots of emotions all the time and anxiety is an emotion or a feeling. Although all emotions are temporary and they come and go, they can be felt in a massive way that can interfere with our everyday life. They can make us feel horrible!



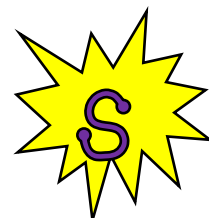
Anxiety is felt by everyone sometimes

Absolutely everyone feels anxious or worried sometimes.



The emotion of Anxiety is NOT dangerous

When you feel worried or anxious it can feel very uncomfortable in your body. You get lots of physical symptoms but these symptoms are NOT dangerous, they are a normal reaction to the perceived danger. They might feel very dangerous at the time but they will pass because remember anxiety is a temporary emotion.



Anxiety is like a Smoke alarm

A smoke alarm alerts us to a possible fire whereas our anxiety alerts us to a possible danger. Sometimes there is smoke but no fire! Our body can make us think that something is dangerous. It can turn out to be a false alarm. When we are tired our smoke alarm might be very sensitive to perceived dangers.

Normal

Emotion

Everyone

NOT Dangerous

Smoke alarm

Which of these emotions is the NEAREST to anxiety or worry?

Happiness

Sadness

Anger

Fear

Surprise

Disgust

Worried

Calm

Nervous

Stressed

Bored