

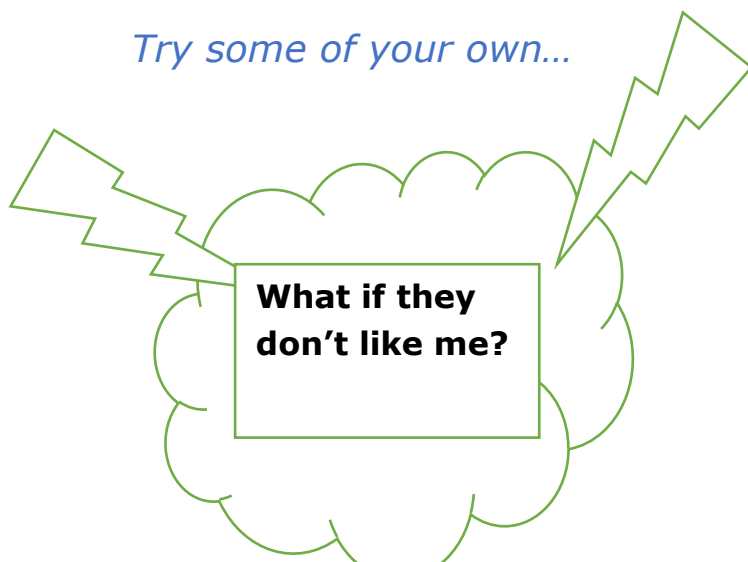
Anxiety can cause feelings of worry and fear and some people may feel tension, when this tension becomes extreme, they can have panic

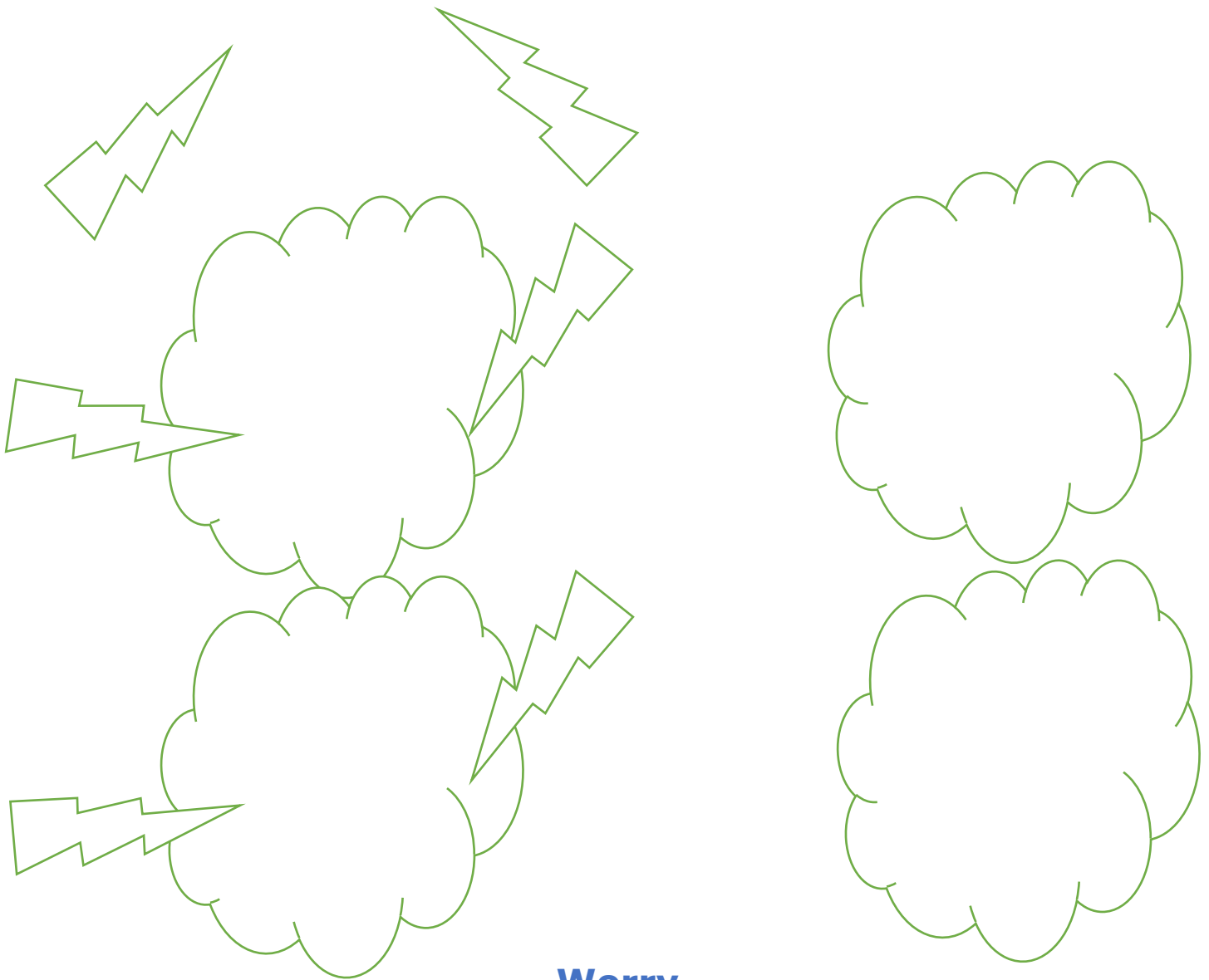
attacks. Anxiety is a mental health condition and panic attacks can bring on extreme physical symptoms like chest pain.

Below is an example. Think about the times when you felt anxious, is it a situation, a memory, or a problem you need help with?

## Worksheet 4

Try some of your own...





## Worry

When we worry, we usually worry about the unknown, sometimes we think or worry about the worst-case scenario and the actual situation, is not as bad, as we have imagined it to be.

Then this worry becomes even worse, because we are now feeling anxious about everything and only can focus on that problem or how we feel in that moment.

Let's try and challenge these worrying thoughts and take the situation and put some light on the situation, that you may be experiencing.