

What is anxiety?

1.

Why do we get anxious?

Our bodies have a built-in survival instinct from over 50,000 years ago, when we might have been living in the jungle. Let's go back to those days. Imagine you are walking through the jungle and a tiger jumps out in front of you.

Your life is in danger, so you need to run.



2.

What happens when we get anxious?

When we see something scary, we tell our brains something frightening is about to happen.

Our brain then gives our body instructions so that it is ready to run fast.

3.

These changes are useful when you're in danger

These changes can save our lives when a tiger is chasing us in the jungle, as they help us to react quickly and run away.



4.

When do you feel anxious?

You may be seeing tigers where they do not exist. For example, do you get these anxious feelings at the thought of starting the school day, going to the playground, attending birthday parties or getting lost?

When you get these feelings, you may want to try and stay away from the place that makes you feel like this, because you believe that something scary will happen.

5.

Do you feel anxious at night?

You may get these feelings at night, and struggle with nightmares.

Anxiety can leave you lying awake at night, worrying about what you could have done differently that day and what frightening things might happen the next day. You may also worry about the future and possible frightening things that could happen.



6.

It is important to let someone know

If you feel anxious, it is important to talk to your parents, guardians or teachers. Let them know how you feel so that they know how they can support you.

Don't worry - they will be able to help so that you don't have to deal with these feelings all the time.