

Talk my situation through with a trusted adult

Find out more to decide whether my anxiety is realistic

Share my feelings with my friends to see if they feel the same

IF I FEEL ANXIOUS

I CAN:

Think of ways to talk myself through this

Ask if anyone else has conquered this fear

Give it some time to see if it's resolved

Find ways to distract my mind from dwelling on it until I can do something about it

Let my parents know so they can support me

www.rethink.org.uk