

# Feeling Anxious?

Anxiety is a response to everyday stress – which is found just about everywhere! Facing play tryouts, a basketball game or a math test can cause anxiety.

Everyone feels anxious at some time. This is normal!



## Anxiety

Anxiety comes from the release of chemicals, such as adrenalin, which causes the sensation known as fight-or-flight. This is your body's natural way of coping with being frightened or challenged. Your instincts take over and tell you that you are facing danger and you either need to defend yourself (fight) or get away (flight).

### What Anxiety Can Do

Anxiety can cause emotional and physical problems such as:

- feeling dizzy or lightheaded
- having a racing or pounding heartbeat
- trouble breathing
- feeling like you will throw up
- shaking or having shaking in your hands
- having tense muscles in your face, neck, back or other areas
- worrying a lot
- feeling restless or irritable
- trouble concentrating

- having problems sleeping due to worrying
- avoiding situations that make you uncomfortable.

## Time to Control Anxiety

You can control anxiety by learning how to calm your nerves, and relax your mind and body. This will help your heart rate and breathing be more steady.

Ways you can control anxiety are:

- eat well-balanced meals and avoid caffeine, alcohol and nicotine
- get plenty of rest
- learn and practice deep breathing
- listen to music
- spend time outside
- do something that makes you happy
- find out what causes you stress and try to reduce it.

It's important to take time for you every day. Find one thing you enjoy and do it today. Even small steps make a difference.

For additional tips and resources to help you manage anxiety, visit [changetochill.org](http://changetochill.org).

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**to chill**™



## When to Get Help

If anxiety keeps you from feeling healthy and affects your school, home or social life, please talk with your parents or another close family member or friend.

If you are or someone close to you is in crisis, call the free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

