

Anxiety

Possible Causes:

- Grades or school work
- Sport tryouts
- Auditions
- New school or school year
- Family conflicts or situations
- Relationships or dating
- Social expectations or friends
- Public places
- Death or loss
- Traumatic event

What can I do?

- Relaxation methods
- Mindfulness activity
- Journal or write
- Draw or color
- Listen to music
- Exercise
- Proper sleep

What can I do if my anxiety gets worse?

ASK FOR HELP

Talk with a mental health professional or someone you trust.