

Are you feeling sad and worried?

You are NOT alone!

Look around your classroom - it is likely that someone else in your class is also sad and worried! This can also be called anxiety.



Why do people get anxious and worry?

Anxiety is a normal feeling and helps to keep us safe. However, when anxiety is with us for a long time, it can stop us sleeping and eating, put us in a bad mood and stop us doing our school work. If we get worried and scared then it is time to talk.



Who can I talk to?

Talk to someone you trust. You can also talk to a school teacher, a parent or an adult. Don't share personal stuff with friends who may not always be your best friend.

Surround yourself with kind people!

Choose friends who have something nice to share and say. Choose friends who feel good to be around and who are fun and kind to others. This also known as compassion.

Is someone making you very unhappy?

Is someone asking you to keep a scary secret? Speak out and tell someone who can be trusted. Ask for help and don't suffer in silence!

What else can I do?

When you become aware of unhappy feelings, take some action! Breathe in and breathe out slowly. Be aware of muscles that aren't relaxed and "shake it all about"! Try writing down how you feel or draw a picture. Remember, you are not alone!



Share your worries with another trusted, caring person. Why? Because you're so very worth it!

