

WHAT TO DO IF YOU FEEL ANXIOUS WHEN AT SCHOOL

 @BELIEVEPHQ 



Don't be afraid to talk to a teacher about how you are feeling



Take a few moments to engage in some slow, steady and deep breathing



Stay in the moment and be present with what you are doing



Breathe and slow down what you are doing by using some mindfulness



Write down your thoughts to understand how you are feeling



Find a close friend and ask for some support through the day



Be kind to yourself and look after yourself throughout the day



Come up with solutions to help you solve any worry you experience



Understand what is making you feel anxious so you can figure out the next steps to managing it

