

it's **OK.**
NOT
to be
OKAY

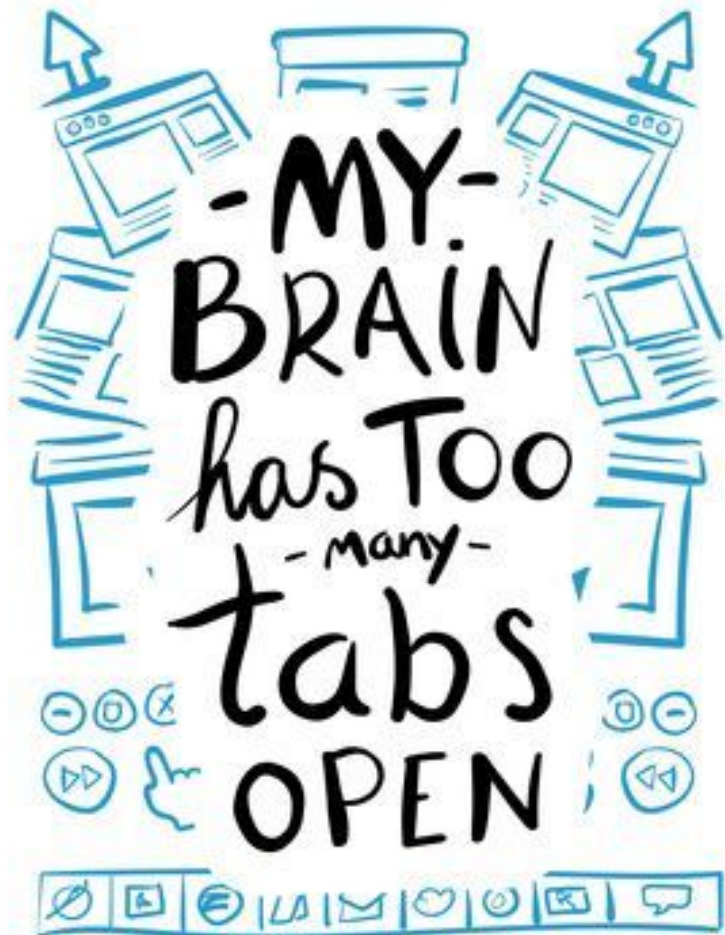




Headstrong

Week 5





What do we know about anxiety?

How would you describe anxiety?

What can make people feel anxious?

What can happen when people feel anxious?

FLIGHT



FIGHT



FREEZE

HEALTHY SCHOOLS

CHALLENGE:

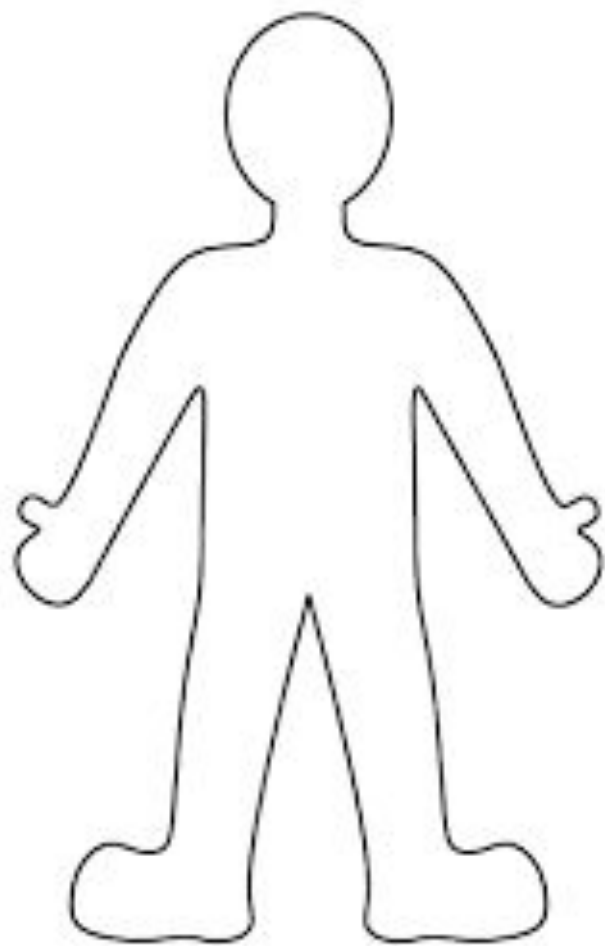
Managing anxiety

Work as a form to identify what happens to the body when you feel anxious.

Next week, we will look at some techniques you can try to manage your anxiety, but I am sure you have lots of ideas already.

Can you come up with some ideas as a form for how you have managed moments of anxiety in the past?

Can you do something this week that would be positive self-care?



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