withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

Exploring Anxiety and Worries

Feeling anxious or having many things that are worrying us is common within people. When feeling this way it might be hard to speak up about it and people tend to keep it for themselves, without realizing that not speaking up can actually increase that sense of anxiousness. Therefore, it can be helpful to recognize what is making us feel anxious or worried, identify a trusted person we can talk to, and find ways to feel better.

What makes me Anxious/Worried	What helps me feel better	Who can I talk to about it
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