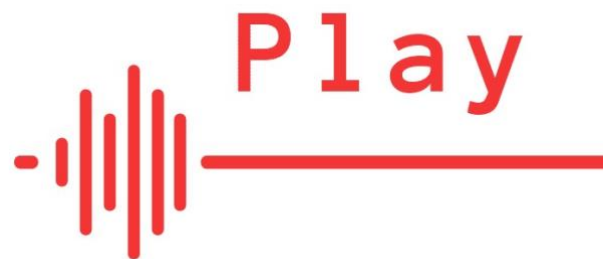


PLAY: “Play, Learn, fight back Anxiety



Scenario 1 educational material

Anxiety and negative stress

- Feeling stressed can be triggered by an event that makes you feel frustrated or nervous. Anxiety includes feelings of nervousness, worry, unease and dread. Anxiety can occur as a reaction to stress.
- Most people experience stress and anxiety on occasion – like before a big test – this is normal; but it can escalate and interfere with our ability to cope.
- Stress and anxiety produce physical and psychological symptoms
- Common physical symptoms include:
 - ✓ Stomach pains
 - ✓ Muscle tension
 - ✓ Headaches
 - ✓ Rapid breathing
 - ✓ Fast heartbeat
 - ✓ Sweating
 - ✓ Shaking
 - ✓ Dizziness
- Mental and emotional symptoms include
 - ✓ Panic, fear, nervousness,
 - ✓ Feeling of doom
 - ✓ Difficulty concentrating
 - ✓ Your thoughts are racing and you cannot seem to stop them
 - ✓ Restlessness