



Anxiety is a type of fear. Anyone can get anxiety.

Most people can get through moments of anxiety on their own, but sometimes anxiety can last a long time and deeply affect people's lives.

It can stop people doing what they want to do and hurt relationships.

These are some of the things that might happen when we feel anxious:

- fast heartbeat
- fast breathing
- feel moody
- churning stomach/ diarrhoea
- trouble sleeping
- feel sad

Panic Attacks

Panic is a feeling of being very scared or stressed and you can not control these feelings.

A **panic attack** is when these feelings take over your body and you have some or all of these symptoms:

- choking
- dizziness
- chest pain
- find it difficult to breathe

Phobic Anxiety

A **phobia** is a very strong fear of a thing or place.

A **phobia** can make people feel panic and they avoid what they are afraid of. In some cases it can badly affect a person's day to day life.

