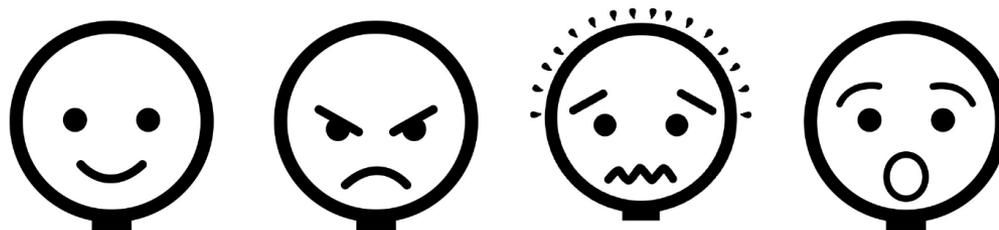




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Emotional Wellbeing Managing Anxiety



Autor pictogramas: Sergio Palao Procedencia: ARASAAC

ANXIETY SCALE

5	
4	
3	
2	
1	

What can I do?



PHYSICAL SIGNS OF ANXIETY



Tachycardia

Headache

Stomachache

Chokes

Tremors

To bite nails

Loss appetite

Rashes

Sweats

Laughs

Cry

Depression