

Anxiety

Sometimes, when I meet new people, have to go to new places or do

new activities that I've never done before, I get a bit nervous



I may worry that I won't like the other people I am just about to meet or that they won't like me; I may get concerned about what those new places will be like or I may feel that I don't want to disappoint others

if I don't enjoy the new activities they are going to offer me



. There are so many risks when we explore new things that if I keep thinking about it I may get anxiety.

But what exactly is Anxiety?



Anxiety is that feeling of worry and nervousness



about

something that is about to happen but I don't feel ready for.



- When could this usually happen?

- What situations may affect me and make me feel nervous?



How do I know I have anxiety...



My body tells me that I have anxiety when:

- I have headaches because I am overthinking



My body tells me that I have anxiety when:

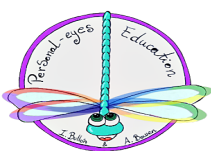
- My mouth gets dry and my voice breaks a bit because it's difficult to speak up if I can't organise my thoughts first!



My body tells me that I have anxiety when:

- My chest hurts if I am breathing too fast with all the craziness

going on in my mind



My body tells me that I have anxiety when:

- I get a tummy ache because it's difficult to eat when you are worrying about other things... Sometimes I eat too fast, sometimes

I don't feel like I could have another bite!



My body tells me that I have anxiety when:

- My muscles get all tense and aching because my mind is telling

them that something bad is coming!



How can I deal with it?



I may feel these sensations all at once or maybe just some of them but in any case, I am in so much pain and it's all coming from my mind!

What can I do about that?

- First I need to identify which of these symptoms may affect me.
- Then I can try to see when these symptoms may appear. New situations? New people? New places or big changes in my life?
- Then I can try to understand why I am getting those feelings in those situations.
- Finally, I could try to find some answers in how to make myself feel better when I know there is a big change coming to my life.



There are always going to be unpredictable changes too, those that I don't expect and they happen, but the more I know myself the better I will be able to handle those too.

