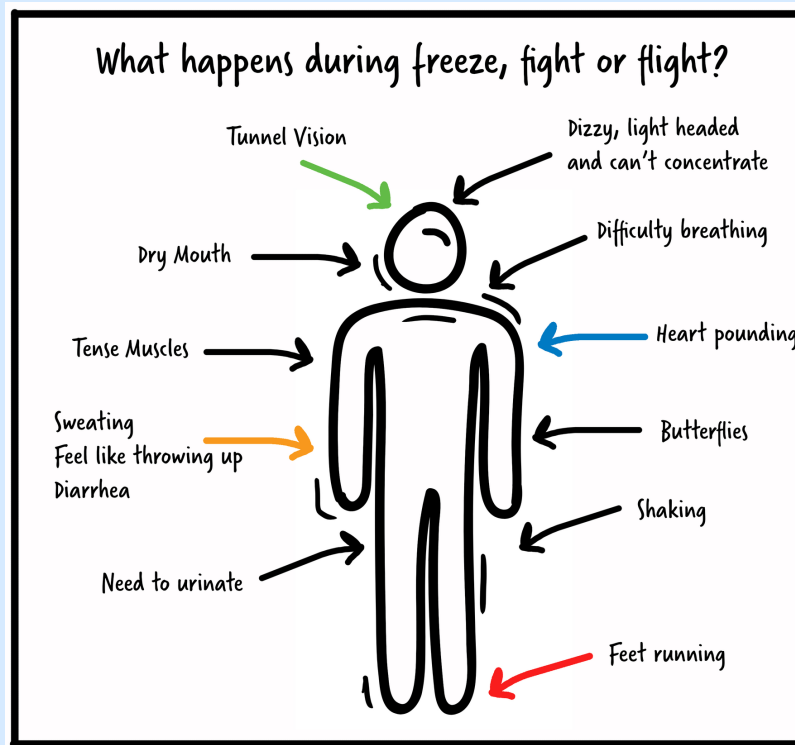


FIGHT, FLIGHT AND FREEZE



ANXIETY ALARM:

AN ANXIETY ALARM IS YOUR BODY'S WAY OF TELLING YOU THERE IS DANGER. YOUR ANXIETY ALARM CAN BE A GOOD THING AS IT CAN HELP KEEP US SAFE. WHEN YOU FEEL YOUR ANXIETY ALARM, YOU KNOW TO GET OUT OF DANGER. DANGER WHEN WE ARE FEELING ANXIETY MIGHT BE: MEETING NEW PEOPLE, ATTENDING SCHOOL, SOCIALISING.

IF YOUR ANXIETY ALARM GOES OFF ALL THE TIME, EVEN WITHOUT DANGER, IT CAN BE ANNOYING AND STOP US FROM DOING WHAT WE ENJOY.



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