

Why Do I Feel Anxious?

One part of your brain is called the amygdala. Its job is to protect you. But sometimes it works too hard. It can tell your brain there's danger, even when you're safe. That makes you feel anxious. When you feel this way, you can learn to help your brain focus and calm down. Try the steps below.



Countdown to Calm Down



Take

5

slow breaths.



Slowly count to

4

each time you breathe out.



Name

3

things you can hear, touch, and see.



Name

2

feelings you are having.



Talk to

1

adult about your feelings.