

# Anxiety: A Survival Guide

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# Anxiety: A Survival Guide



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# Emotions



afraid



calm



jealous



shy



anxious



disappointed



frustrated



silly



angry



embarrassed



happy



surprised



bored



excited



sad



worried

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# Let's Talk About Anxiety



Do you ever feel butterflies in your stomach when you have to speak in public, or maybe your hands get sweaty and your heart pounds before a big test? **Stress** is the cause of these physical changes in your body. Fear, worry, embarrassment, and dread are emotions that may trigger this feeling. When the stress starts to build or reoccurs often, it becomes **anxiety**. Rest assured that everyone feels anxiety from time to time. It's simply part of being human!

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