

*Sometimes I feel strange,
uncomfortable, scared.
Anxious.
What's happening to me?*

Anxious

LUCIANA DE LUCA - NATALÍ BARBANI

ANXIOUS
LUCIANA DE LUCA - NATALÍ BARBANI

annick press

annick press
annickpress.com

US \$18.99 / CDN \$23.99
ISBN 978-1-77321-837-3



Anxious

LUCIANA DE LUCA - NATALÍ BARBANI



I don't know why, but sometimes . . .

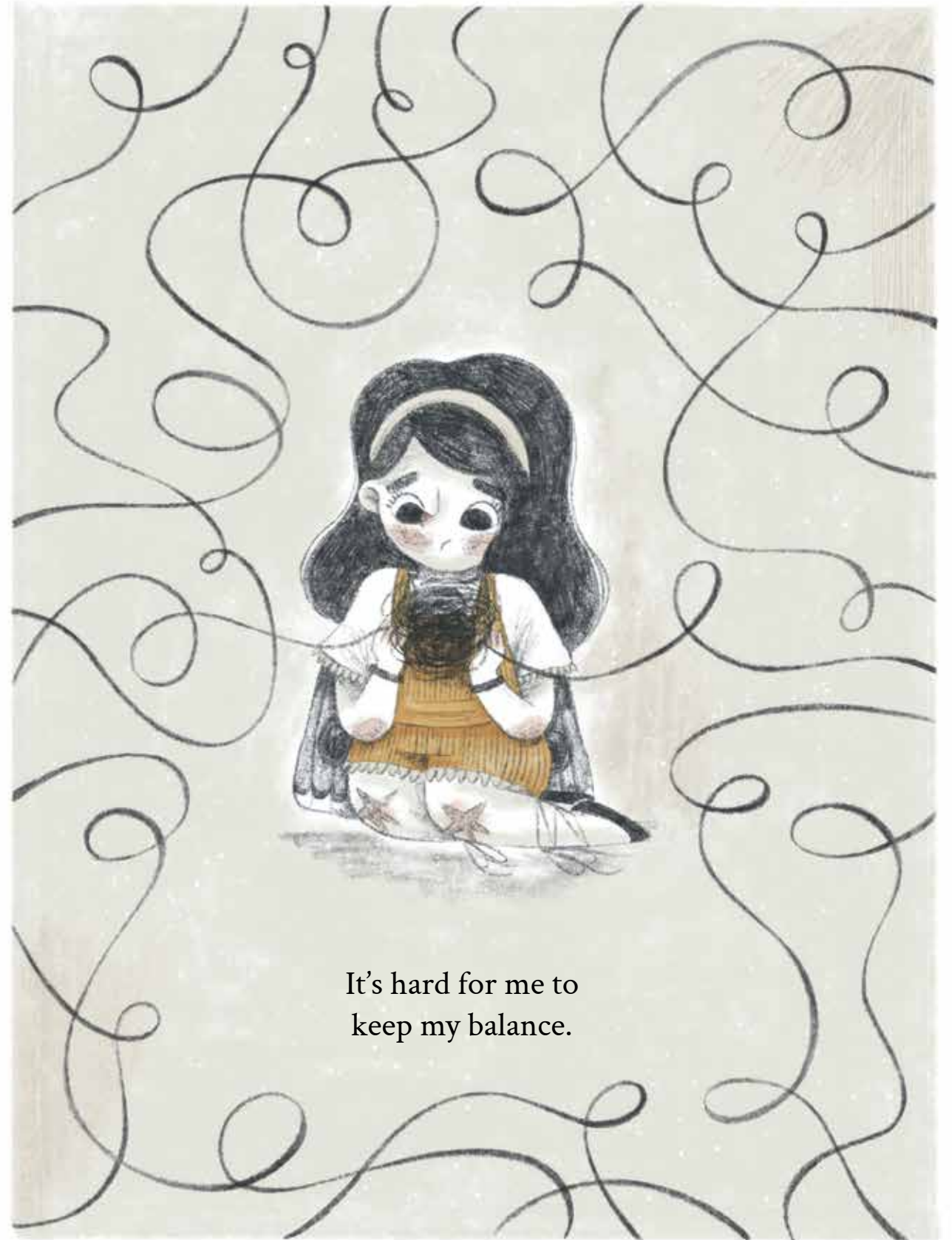


I feel strange.



The world around me feels
too fast and too loud.





It's hard for me to
keep my balance.



A Note to Readers

Everyone experiences anxiousness from time to time. Even though it can be strange and uncomfortable, feeling a little worry is okay. It can even help us keep alert and stay safe, like when it reminds us to look both ways before we cross the street.

Too much anxiousness can make us feel both shy and scared, like the girl in this story. If you feel anxious, you might not want to do things you would usually enjoy, like playing with your friends, showing your special talents, or speaking up at school.

Sometimes anxiousness can be hard for others to see because it can be confused with anger, acting out, and even sadness. It can also be hard for us to know when what we are feeling is anxiousness since it can be felt in different ways inside our bodies. Sometimes it can feel like your heart is beating too fast; other times you might feel dizzy, have a headache, or even an upset stomach.

If this happens often, find an adult you can trust and talk to them about how you feel. There are many ways to help calm anxious feelings.