



Anxiety Can Be Good?!

Feelings aren't really good or bad - though many people see anxiety as a bad or negative feeling. Feeling anxious isn't a bad thing. It's all about how you cope with it when it happens. Keep reading to see how experiencing feelings of anxiety can be helpful sometimes!

Anxiety can motivate you to take action!

When you are feeling anxious about a situation, it might be because you are afraid that the worst-case scenario might happen. For example, you could be anxious about an audition in a school play. You might think that you're going to bomb and get laughed off the stage! Your anxiety can energize you to practice harder to keep your worst-case scenario from happening. When you're motivated to take action, there's a good chance that you'll start to feel more confident and less anxious about the situation.

Anxiety can keep you safe!

Anxiety can sometimes make you worry about things that *probably* won't happen. Other times, some of those fears and concerns could be real. For example, you might feel anxious or afraid about hurting yourself while riding a bike. This is a real worry about something that *could* happen. Instead of avoiding it, you can practice ways to better keep yourself safe, such as wearing a helmet and staying alert. Anxiety can also be a warning sign when situations really *are* dangerous and need to be avoided.

Anxiety can help you become a better planner!

There is *always* a chance that things won't go as planned, and this causes anxiety for most people. For example, you're supposed to meet up with your friends at the park, but you're anxious that it might rain. Your anxiety can encourage you to create a backup plan of other activities you can do if you get rained out. You can always hope that things turn out as planned, but sometimes it is good to be prepared with other options in case they don't.

Anxiety lets you know that changes need to be made!

If something or someone always makes you feel anxious or worried, this lets you know that changes might need to be made. For example, let's say you *always* feel anxious during your hockey game because you're afraid your coach or teammates will yell at you. Your feelings of anxiety might be letting you know that you might do better playing for a more supportive coach or team. Your anxiety can point out the things in your life that truly bother you and that need to be changed.



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