Anxiety

An Easy Read guide

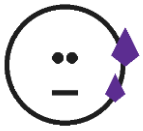
This is an Easy Read document. It uses simple words and pictures to help explain anxiety.

What is anxiety?

Anxiety is a feeling of worry or fear.
Everyone feels anxious sometimes.

What anxiety can feel like

Your heart can beat very fast.



You might sweat or feel too hot.

Your body might shake.

Your tummy might hurt.

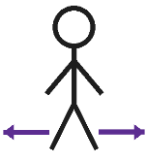
	You might get a headache.

	Your head can fill with worried thoughts. It can be hard to stop thinking about it.

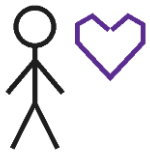
What you might do

	You might not want to go to places that scare you.

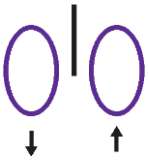
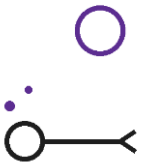
	You might ask the same question again and again. This is to try to feel better.

	You might feel restless. It can be hard to sit still.

Anxiety and autism

	Lots of autistic people feel anxious. This is very common. You are not alone.

Things that can help

	Slow breathing can help your body feel calm.
	A quiet, calm space can help.
	Knowing what happens next can help. Routines can feel safe.
	Talk to someone you trust about how you feel.

Getting more help

	If anxiety happens a lot, tell a doctor. They can help you feel better.

Remember

	Feeling anxious is not your fault. Help is there for you.