Are You Anxious or Calm?

**Calm**

**What Your Thoughts Are Like:**

1. It is, I am, I know, I see
2. Are about good or fun things
3. Are about what is happening now
4. Stop at the end of the thought or with a plan
5. One thought at a time
6. Hundreds of topics

**How Your Body Feels:**

1. Calm
2. Relaxed
3. Stomach is normal
4. Breathing is normal
5. Heart is calm
6. Not sweating
7. Head and body feel normal
8. Throat feels normal

**What you are doing:**

1. Playing
2. Chores or homework
3. Resting
4. Enjoying family or friends

**What you see:**

1. Everything around you is normal
2. Others are calm
3. Other people agree with your thoughts

**Anxious**

**What Your Thoughts Are Like:**

1. What if, Maybe, It might, It could happen
2. Are about hurtful or dangerous things
3. Are about the future
4. Go around and around
5. Too many or too fast
6. Topics include same 2, 3 or 4 usual awful topics

**How Your Body Feels:**

1. Tense
2. Nervous
3. Stomach feels sick or hurts
4. Breathing faster or harder
5. Heart pounding
6. Sweating
7. Head hurts
8. Throat feels tight

**What you are doing:**

1. Fidgeting
2. Moving around
3. Laying down
4. Asking a lot of questions

**What you see:**

1. Everything around you is normal
2. Others are calm
3. Other people don’t agree with your thoughts