

My Anxiety Iceberg

Anxiety is when we feel stressed, worried or concerned about certain things and it is a natural response that everyone experiences. However, it can sometimes become challenging and overwhelming, and can affect our wellbeing.

Sometimes we might know what is worrying us and others we might not. It is important to understand and explore the causes of our worries so that we can find ways to manage them.

This iceberg is designed to help identify the causes of our worries. At the tip of the iceberg, write or draw the things that are visibly causing your anxiety, and the behaviours you are engaging with when feeling anxious. Then think about other things that are causing you to feel anxious and write/draw them beneath the surface.

