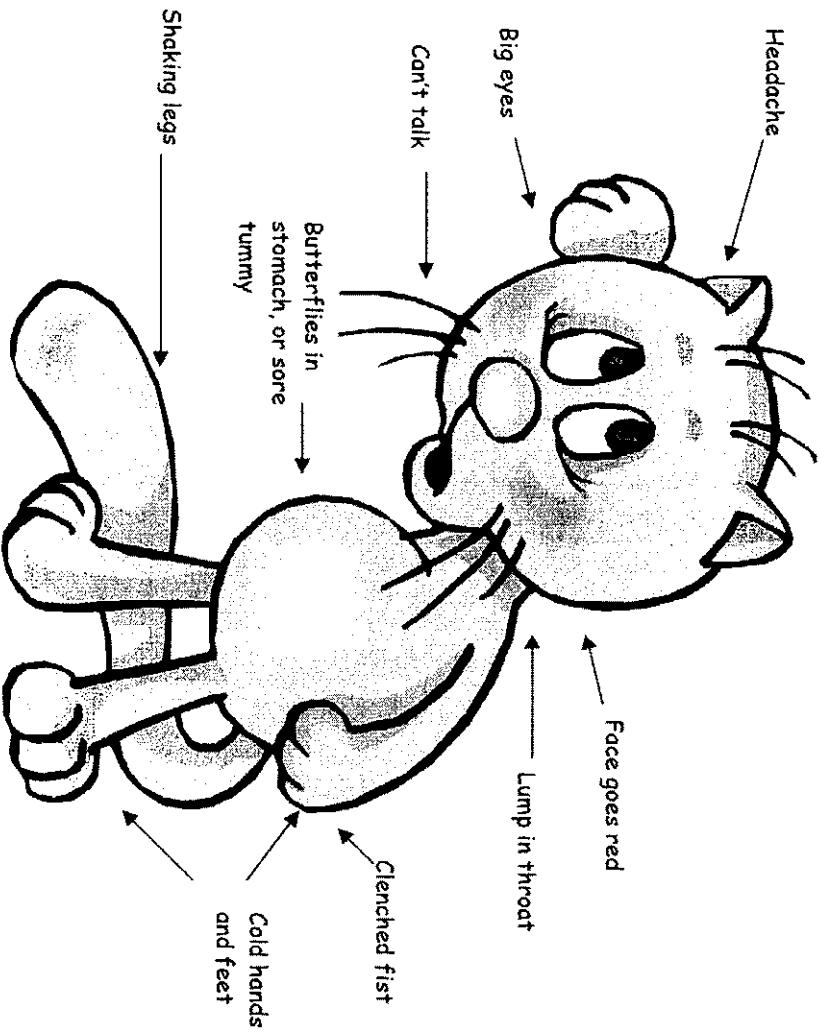


Chester the Cat feels anxious!

How does Chester feel anxiety in his body?

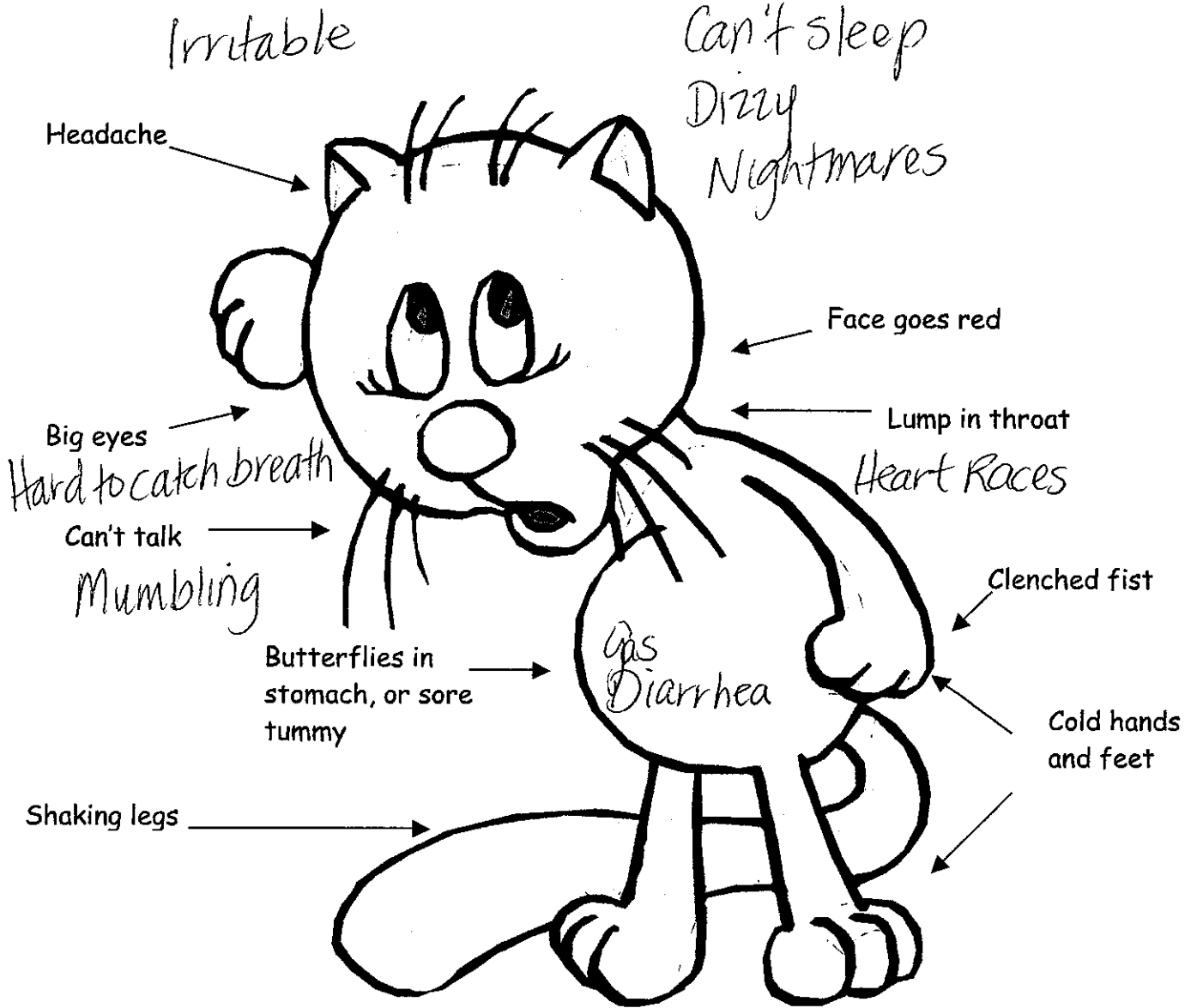
- Irritable
- Withdrawn
- Hard to catch your breath
- Tight chest
- Mumbling
- Refusing to talk
- Crying
- Tantrums
- Anger
- Withdrawal
- Refuse to go to school
- Crabby when wakes up in the morning



- Dizzy
- Nightmares
- Can't get to sleep
- Can't go back to sleep
- Gas
- Diarrhea
- Heart racing
- Sweating
- Needs to be close to parents
- Separation anxiety
- Sticks like a burr
- Curls into a ball under the table

Chester the Cat feels anxious!

How does Chester feel anxiety in his body?



Crying
Tantrums/Anger
Withdrawal

∅ School
Needs to be close
to parents * Stick like a
burr *