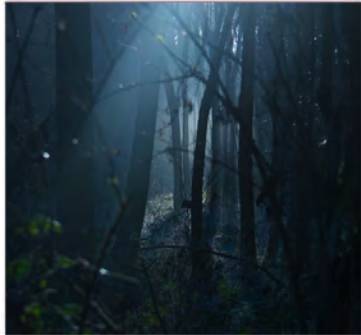


# Scared

What it feels like to be scared and how to cope when it turns up



**Fears**

## Triggers

The thought of facing our fears can make us feel scared and anxious. Here are some common fears that many people have.

- darkness
- heights
- social interactions
- spiders
- serious illness
- death

## Physical Warning Signs

When we feel scared, our body gets scared too. Here are some things you might notice in your body.

- pounding heart
- nausea
- trembling muscles
- hot or cold flashes
- butterflies in your stomach

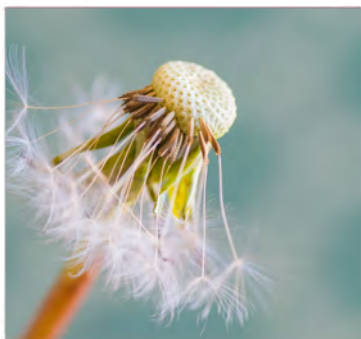


**Body Responses**

## Coping Skills

Here are some things you can do to help handle yourself when feeling scared.

- face the fear
- exercise
- tell yourself "you got this"
- muscle relaxation
- visualize something calming
- breathe and count to 10



**Breathe**