

# UNDERSTANDING ANXIETY: YOUR BODYGUARD



**About my bodyguard:**

What are they called?

**How does my bodyguard respond?**

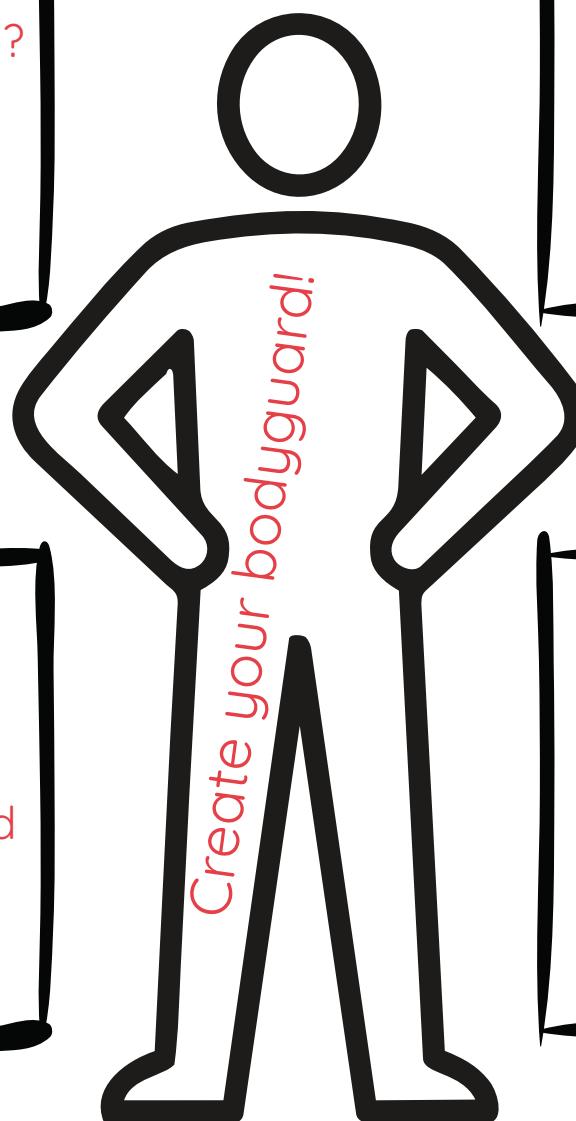
How does anxiety show up in my body and behaviours?

**Power-ups:**

Using the power up tokens, what can I teach my bodyguard to do?

**Protects me from:**

What triggers them?



**Reminders:** What do I (or my bodyguard) need to remember?

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