

READING COMPREHENSION

 Read the text and answer the questions.



Anxiety

1 Anxiety is a feeling that everyone experiences at some point in their life. It
2 happens when someone feels worried or scared about something that might
3 happen in the future. It can feel like a lot of nervous energy inside, making it
4 hard to think clearly or feel calm. People might feel anxious before
5 something important, like a test, a big presentation, or meeting new people.
6 This feeling is normal, and it can even help someone do their best because it
7 makes them pay attention. However, sometimes anxiety can get too strong
8 and make it hard to enjoy things or do everyday activities. When someone
9 feels anxious, they may notice changes in their body. Their heart might beat
10 faster, they might sweat, or their stomach might hurt. Some people feel like
11 they can't breathe properly, or they might get a headache. These changes
12 happen because the body gets ready to face what feels like a danger, even if
13 there is no real danger. Anxiety can be caused by different things.
14 Sometimes, it's because of stressful events like moving to a new place,
15 changing schools, or losing a pet. Other times, it can happen without a clear
16 reason. It is important to know that feeling anxious is completely normal,
17 but when anxiety happens a lot or feels too strong, it might be helpful to talk
18 to someone about it. There are ways to manage anxiety and feel better. One
19 way is by breathing slowly and deeply. Another way is by thinking about
20 something that makes a person feel happy or calm. Talking to a friend or an
21 adult can also help. They can listen and offer support. Sometimes, doing
22 something creative like drawing or playing can take the mind off the worries.
23 It's important to know that anxiety does not last forever, and with time, it
24 can become easier to manage.

Reading Comprehension Anxiety Relief This Week

RD Boyd



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