



Anxious

Adjective

feeling or showing worry, nervousness, or unease about something with an uncertain outcome

Use this word correctly in your work in any subject this week for a **House Point**.

Sentences containing the adjective 'anxious':

- He was extremely anxious about his exams.
- She felt anxious during her first driving lesson.
- I saw my sister's anxious face at the window.
- The company was anxious to resolve the issue, to avoid any negative press.

Synonyms

- Worried
- Fearful
- Uneasy
- Apprehensive

Antonyms

- Carefree
- Confident
- Unconcerned

Word of the Week



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What does it feel like when you are anxious?

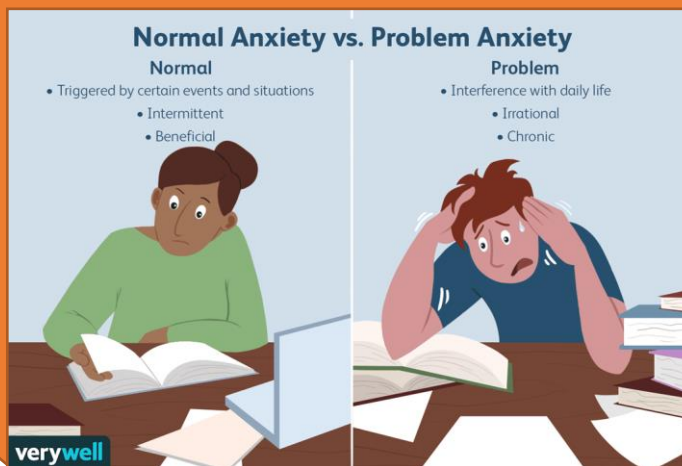
How do you know when you are feeling anxious?

What should you do when you feel anxious?



What is the difference between anxiety and being nervous?

Can being anxious be a healthy feeling?



Languages!



French: inquiet (inquiète)

Spanish: nervioso/a

Mandarin: 焦虑 jiao lù

Guidance for advice on how to cope with anxious feelings.

