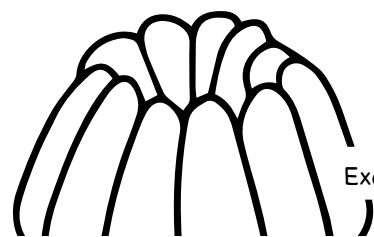
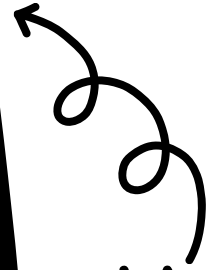
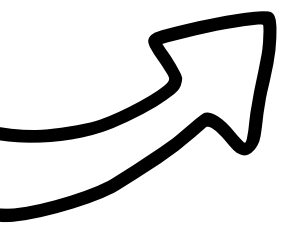
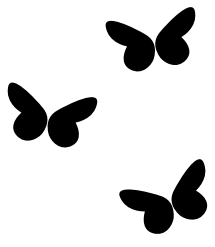
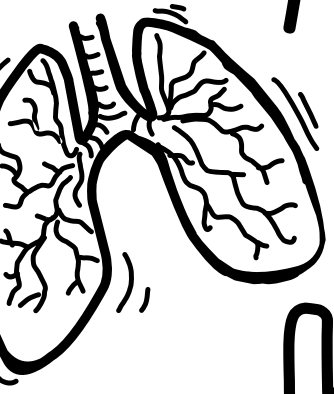
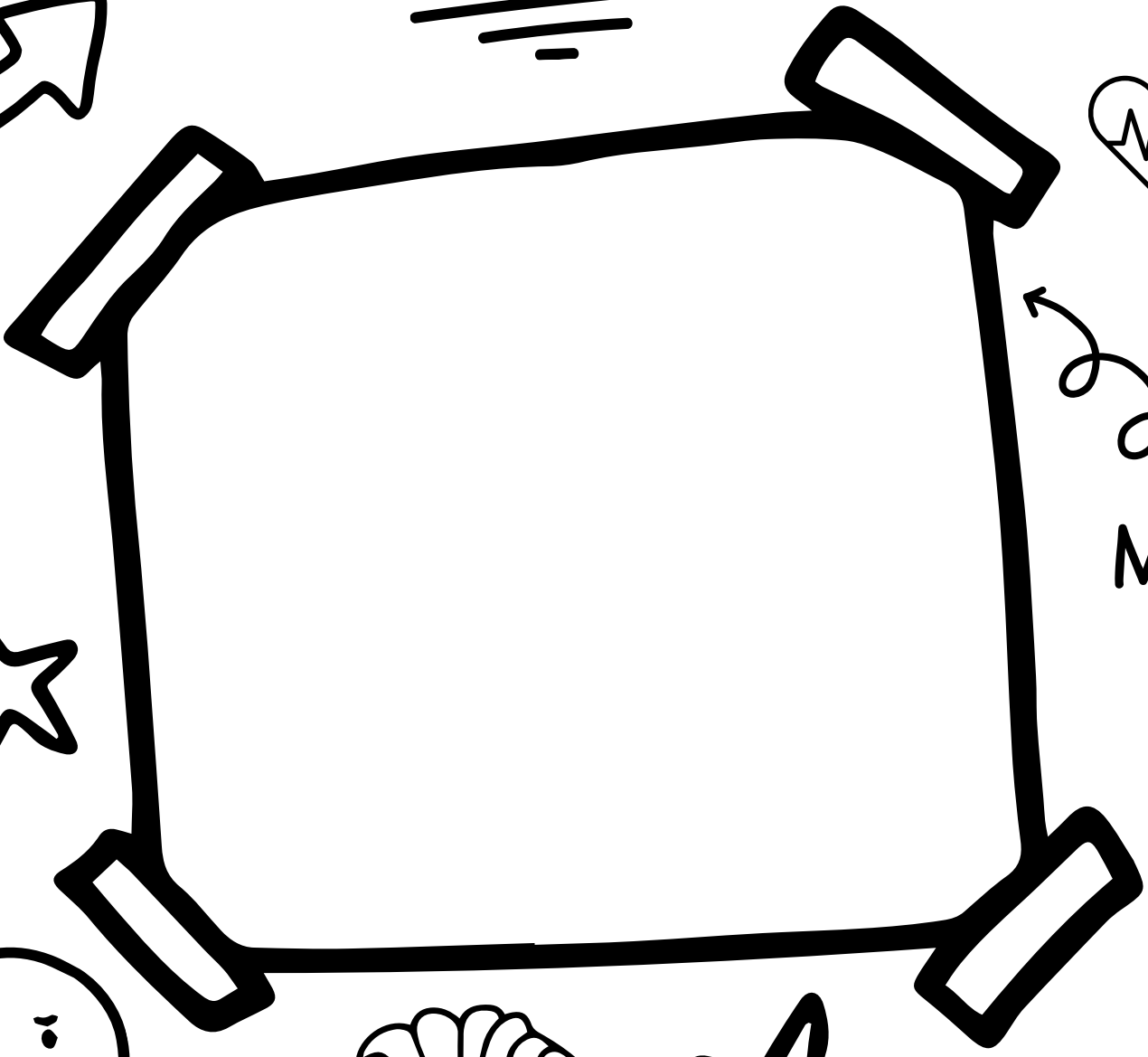


Hello,

I FEEL WORRIED

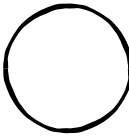


Me

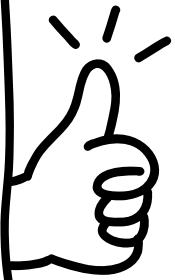


My name is

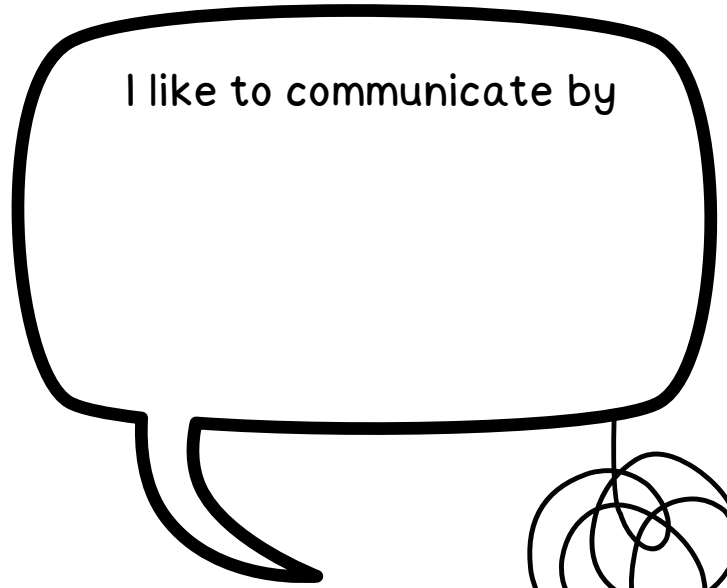
let me introduce myself:

I am  years old. I feel worried *sometimes / a lot of the time*. I am learning to manage my worries when they get in the way.

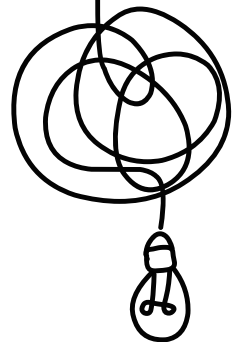
I am good at:



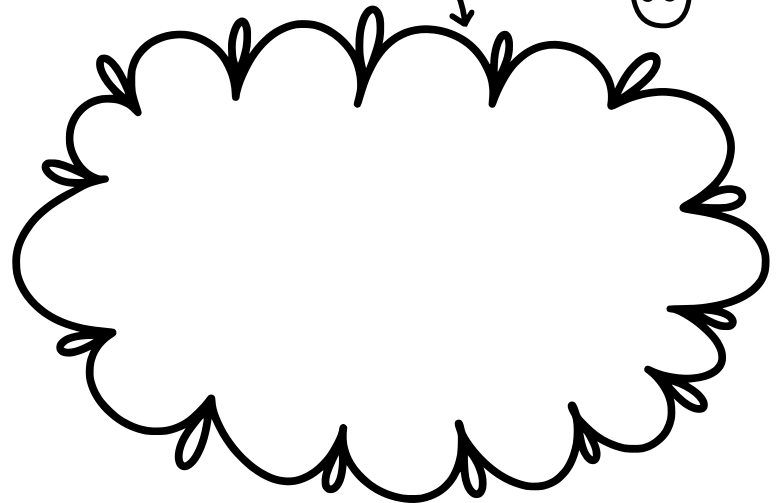
I like to communicate by



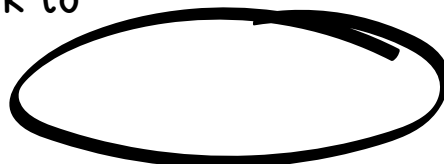
It is difficult for me to:



I get distracted by:

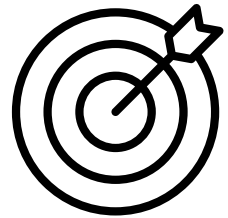


I talk to



when I feel worried.

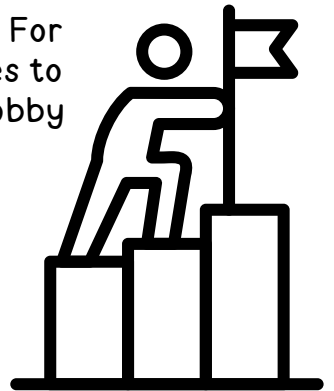
Setting Goals



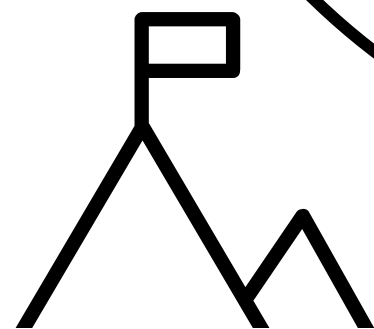
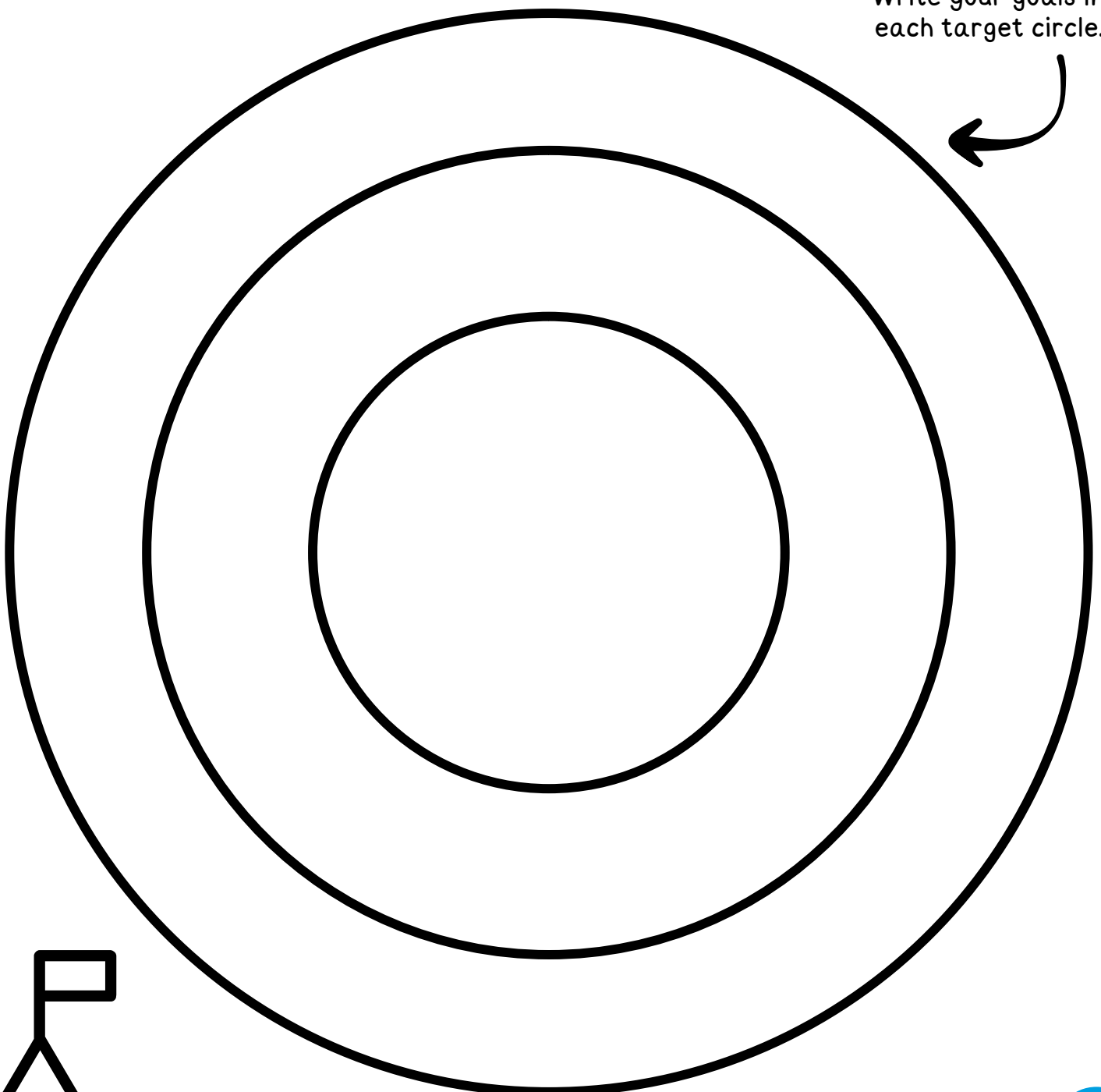
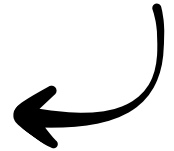
Setting goals helps us to stay focused on what we want to improve. For example, you might want to work on building up a toolkit of strategies to help you to cope with your worries or you may want to pick up a hobby again that your worries might have stopped you from doing.

When thinking of your goals, ask yourself these questions:

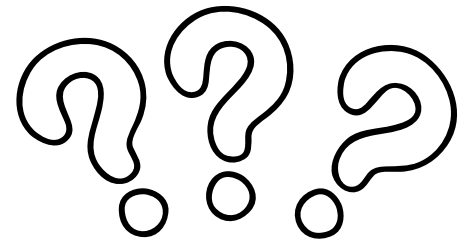
- Is my goal small enough to achieve?
- Is my goal possible?
- How will I know when I have achieved my goal?
- When do I want to achieve my goal by?



Write your goals in each target circle.



What is Worry?



Worrying is when we think about things that leads to us feeling unsure, uneasy or uncomfortable. It happens for lots of reasons, such as when we think about future events, bad things happening or trying something new. Worry, or Anxiety, has been around since the Caveman days. When we feel worried, this is our brain and body's way of checking for danger and making sure we are safe. It is the reason why humans have survived for so long. Worrying sometimes is normal, but when worry starts to stop us from doing things that we want to do or we find ourselves feeling worried a lot, then this is when we need to learn strategies for managing our worries.



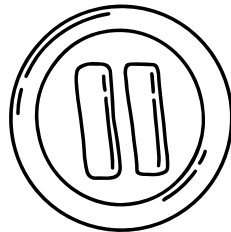
The part of our brain responsible for worrying is called the 'amygdala'.



Worry goes back as far as the Caveman times.

It is our brains way of keeping us safe.

We see something or think of something to feel worried about our brain responds by making us feel worried.



Freeze

In Freeze mode, you want to shut down, feel unable to move, feel stuck or have a mind blank.

This response is called the Flight, Fight, Freeze reaction. When you feel worried, do you Flight, Fight or Freeze?

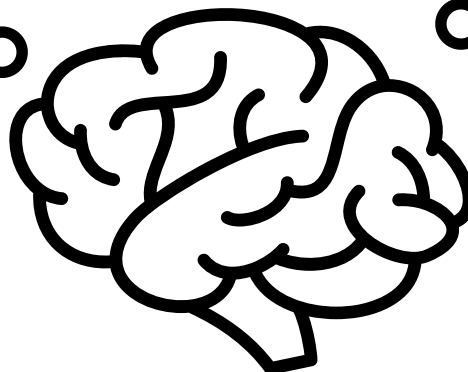


Flight

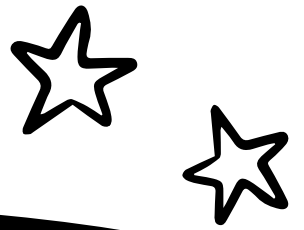
In Flight mode, you want to run away, escape or avoid a situation.

Fight

In Fight mode, you want to yell, scream, shout, kick, throw, control or blame.



What does 'being Worried' mean to me?



“

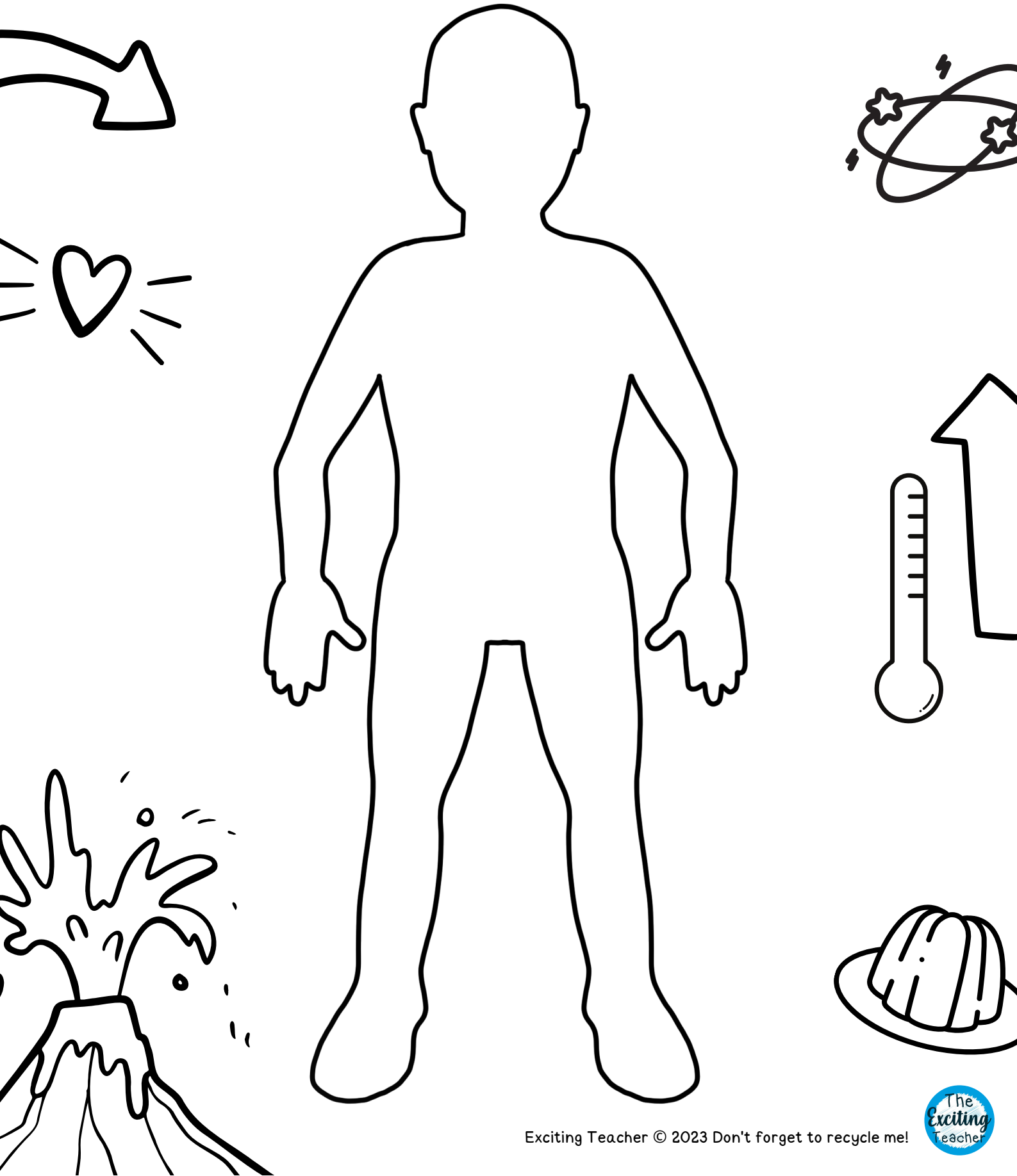
”



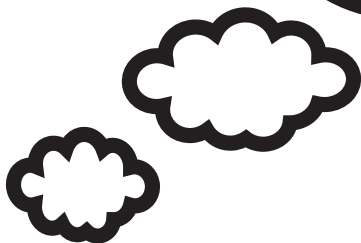
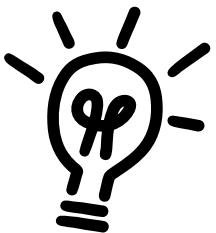
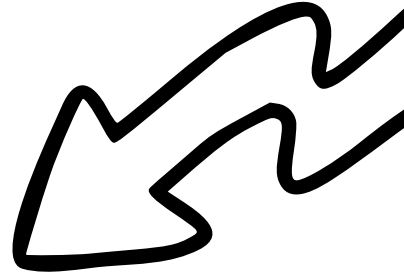
What does 'being Worried' look like for me?

”

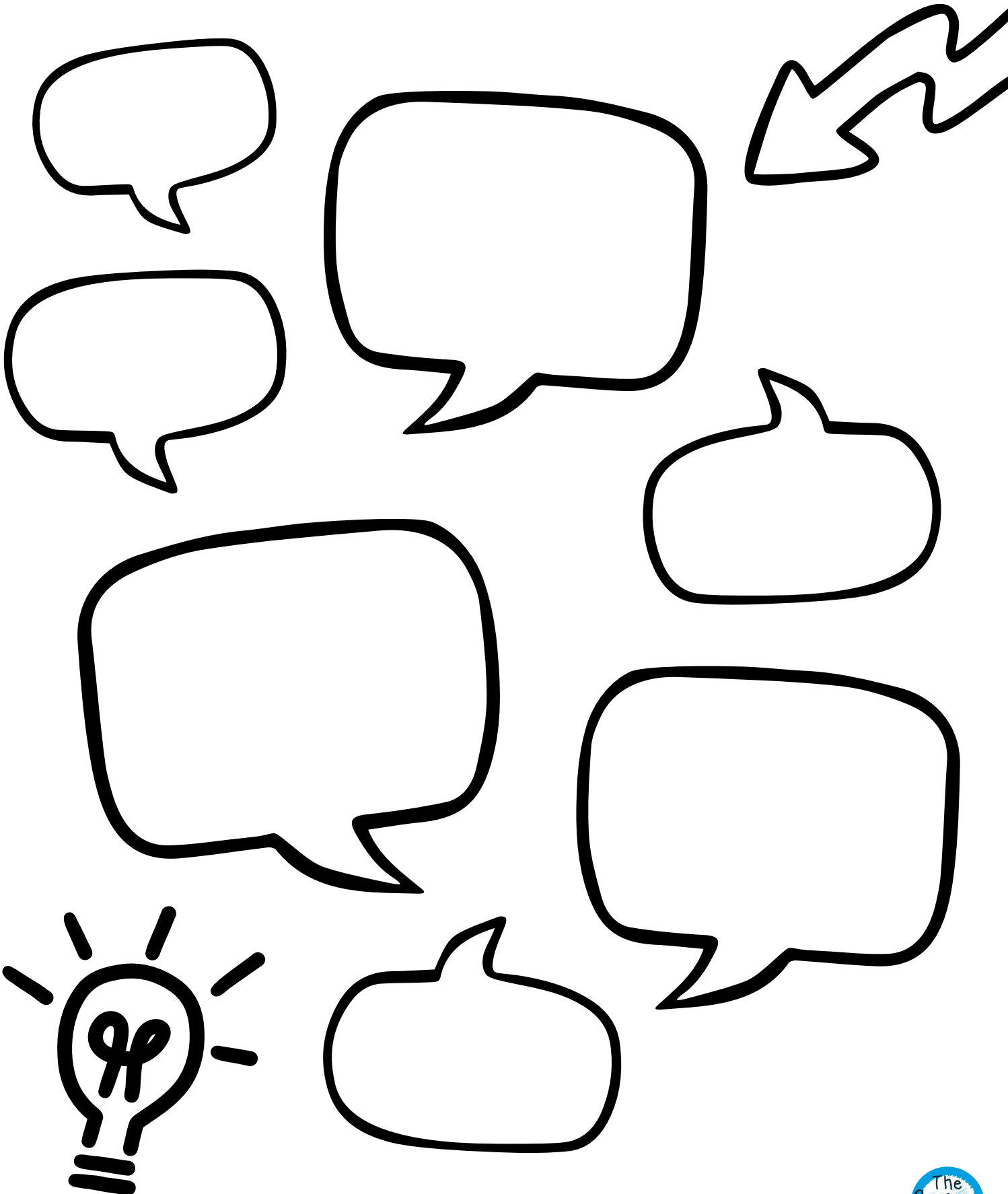
When I feel worried,
in my body I notice...



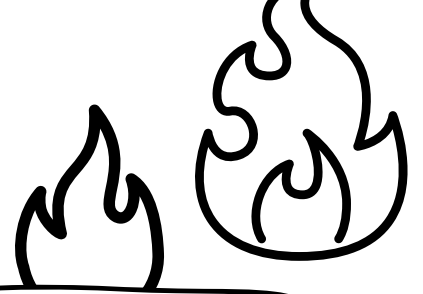
When I feel worried, I
have thoughts like...



Other words for feeling 'worried' are...



My Emotional Temperature



EXPLODING

How does it feel?
What do I look like?
What causes me to feel this way?
How can people help me?

BUBBLING

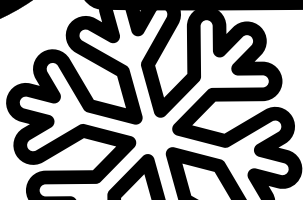
How does it feel?
What do I look like?
What causes me to feel this way?
How can people help me?

OKAY

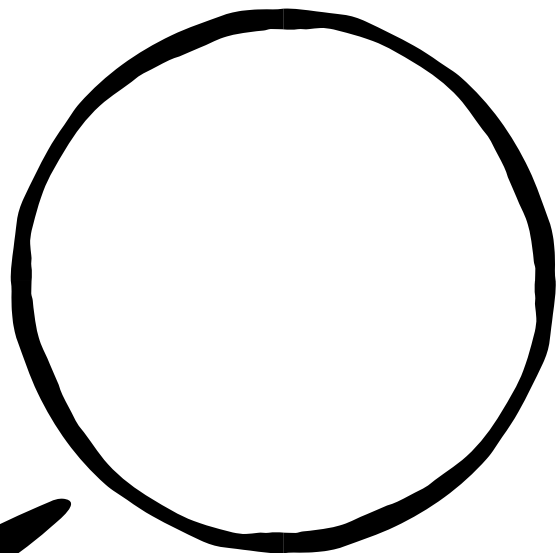
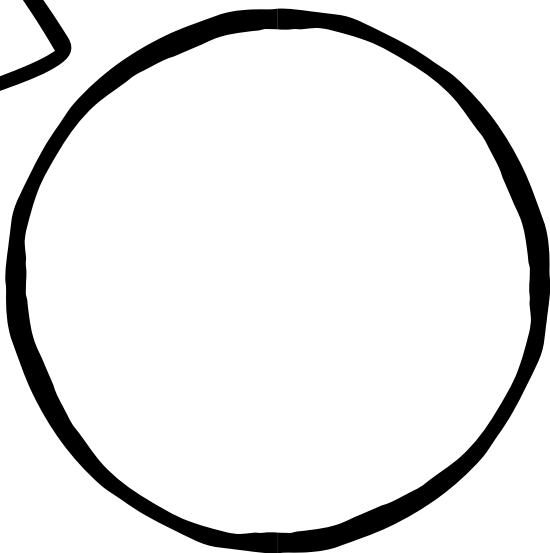
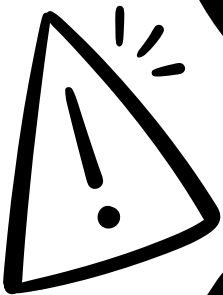
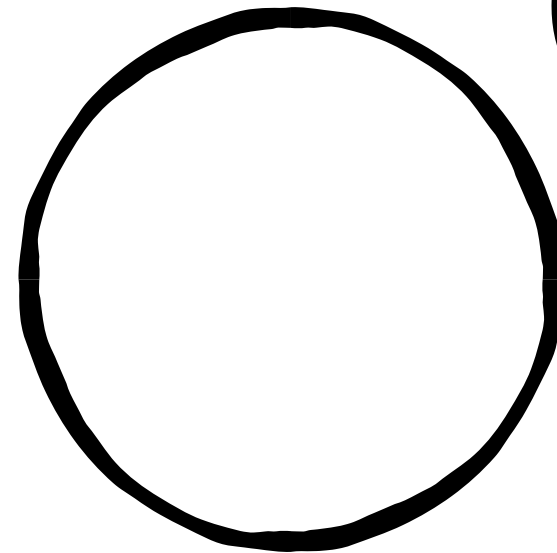
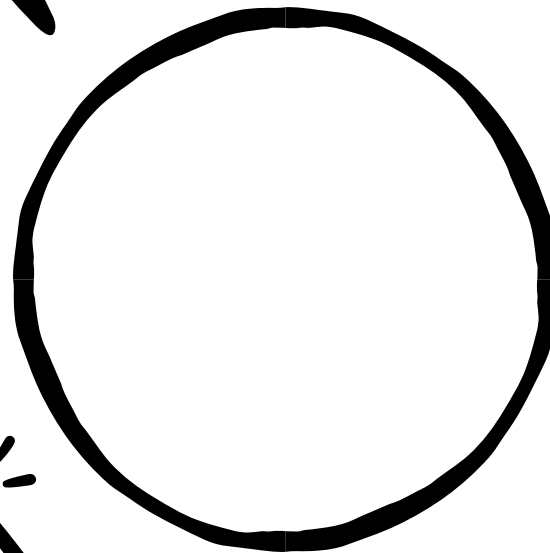
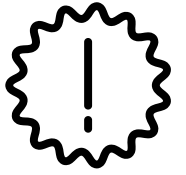
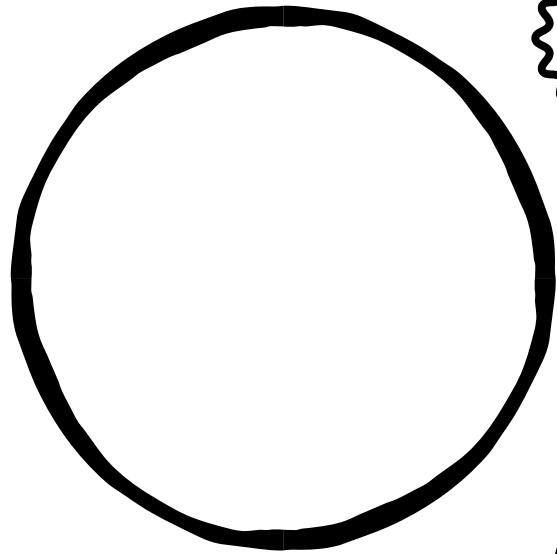
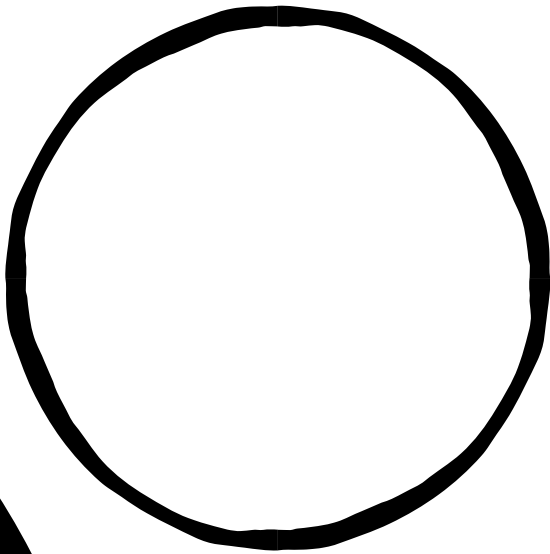
How does it feel?
What do I look like?
What causes me to feel this way?
How can people help me?

CALM

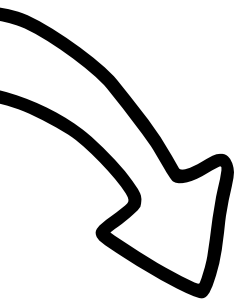
How does it feel?
What do I look like?
What causes me to feel this way?
How can people help me?



I feel worried when...

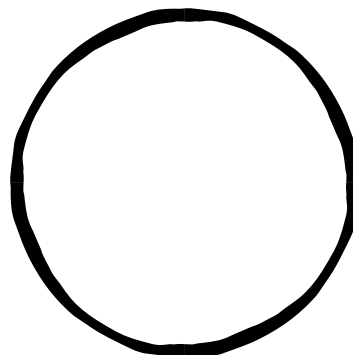
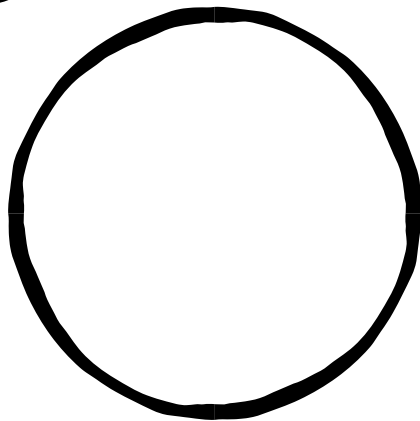
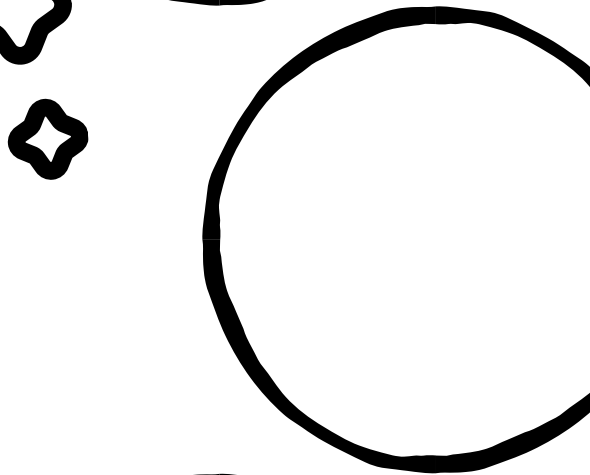
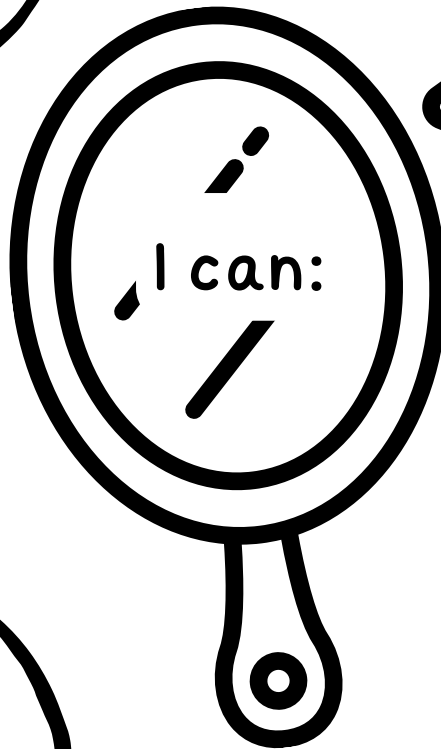
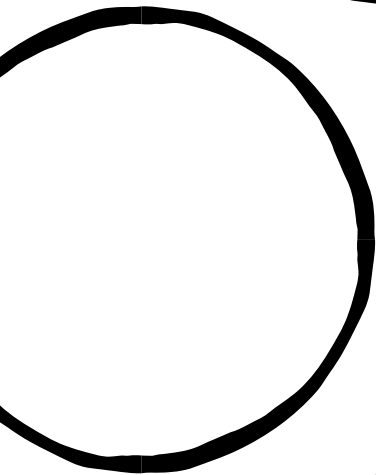
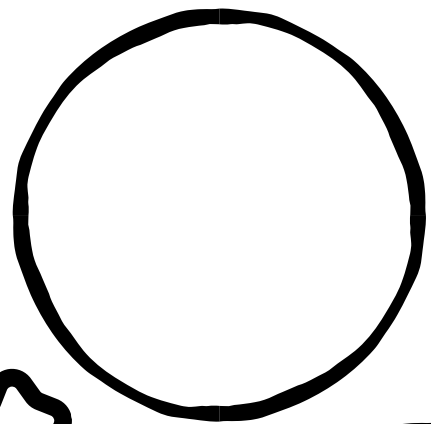


I can make a choice:

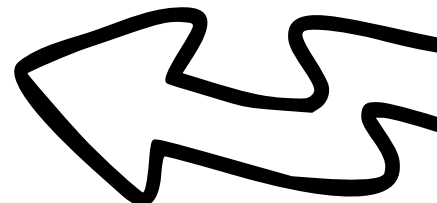


count
to 10

ask for
help



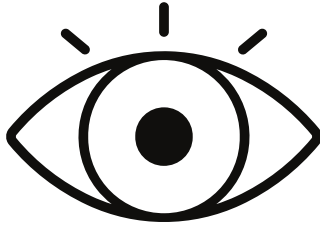
take a
deep
breath



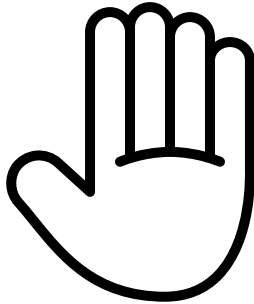
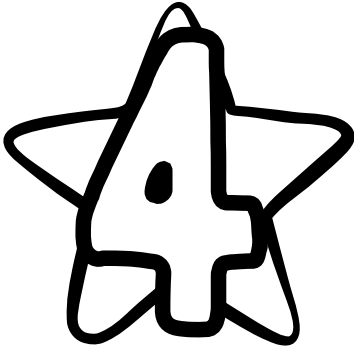
When I am feeling BIG feelings, such as feeling worried, I can make a choice. For example, if I am feeling worried then I can count to 10 and take a deep breath or I can talk to a trusted adult.

5-4-3-2-1

5-4-3-2-1 is a technique you can use to calm your worries down by using your senses. It is a way of helping you to feel present and not worry about things that are not happening right now.



5 things you can see.



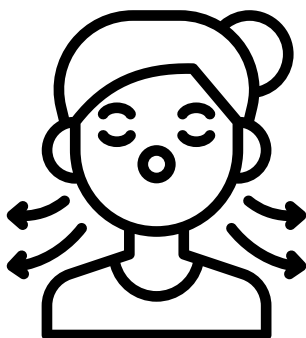
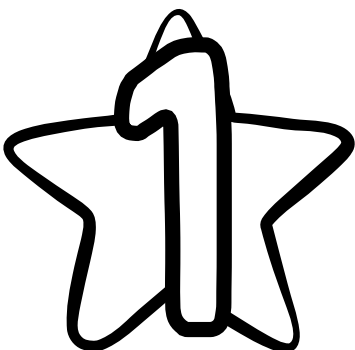
4 things you can feel.



3 things you can hear.

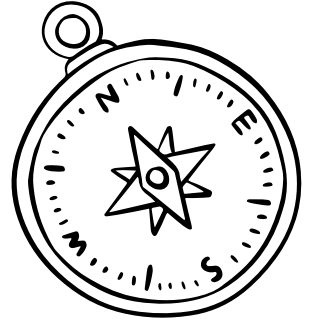


2 things you can smell.

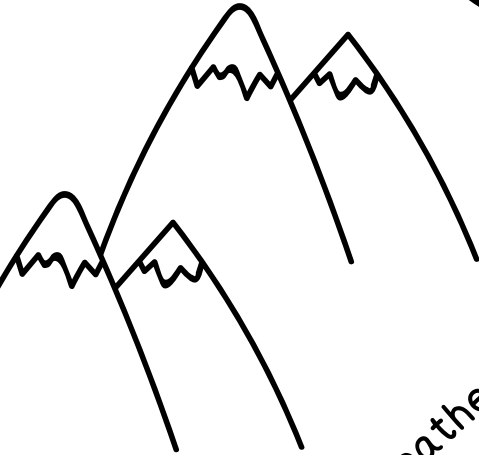
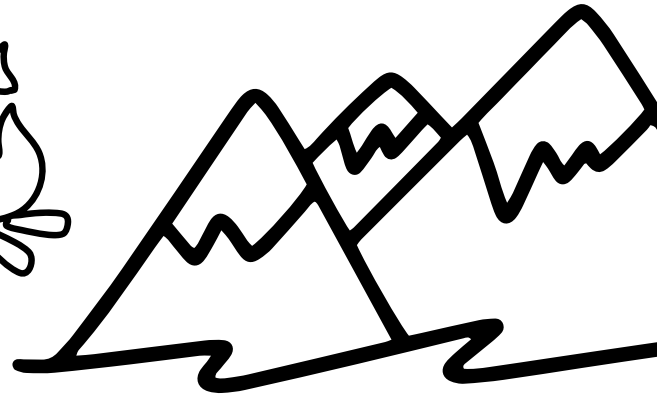
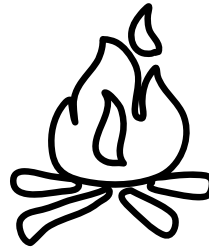
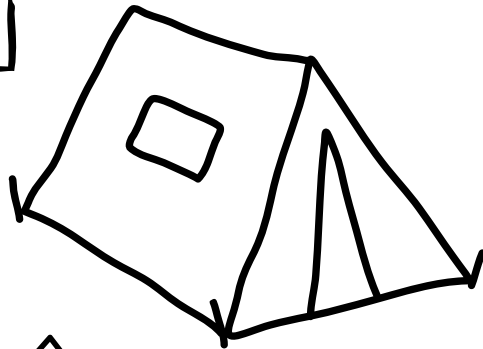


1 deep breath.

Deep Breathing



Breathing helps slow our heart rate down, which signals to our brain and body that we are not in danger allowing us to calm down.

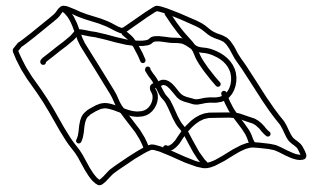


Hold and count to 3...

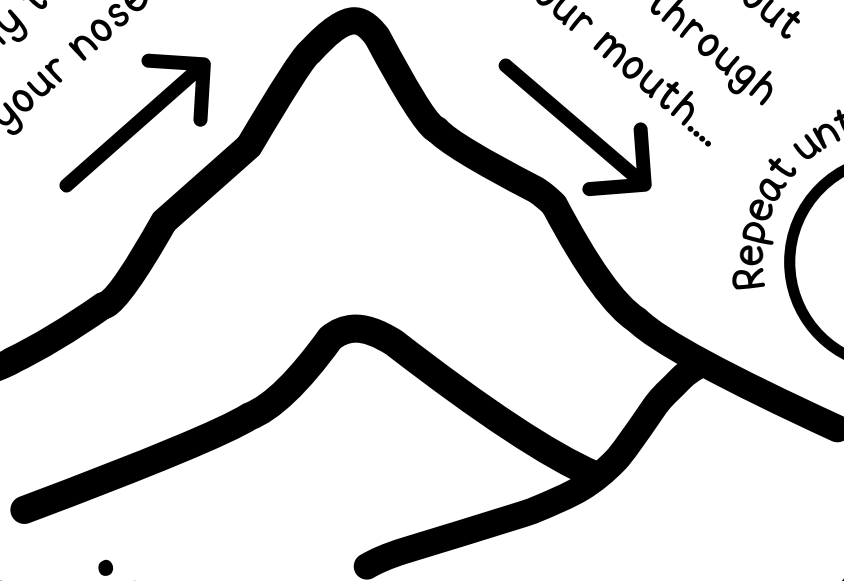
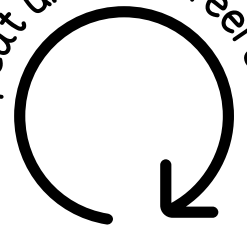


Breathe in slowly through your nose....

Breathe out slowly through your mouth....



Repeat until you feel calm!



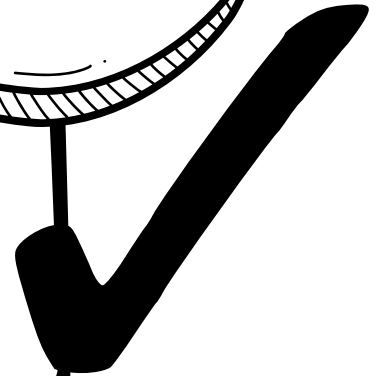
Mountain Breathing



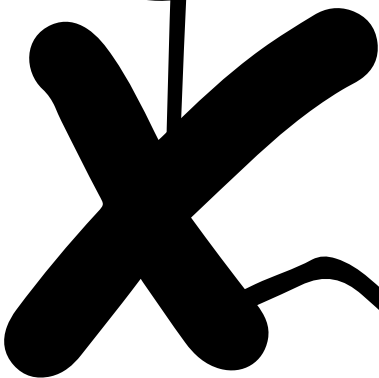
What helps me?



Things
that help
me are:

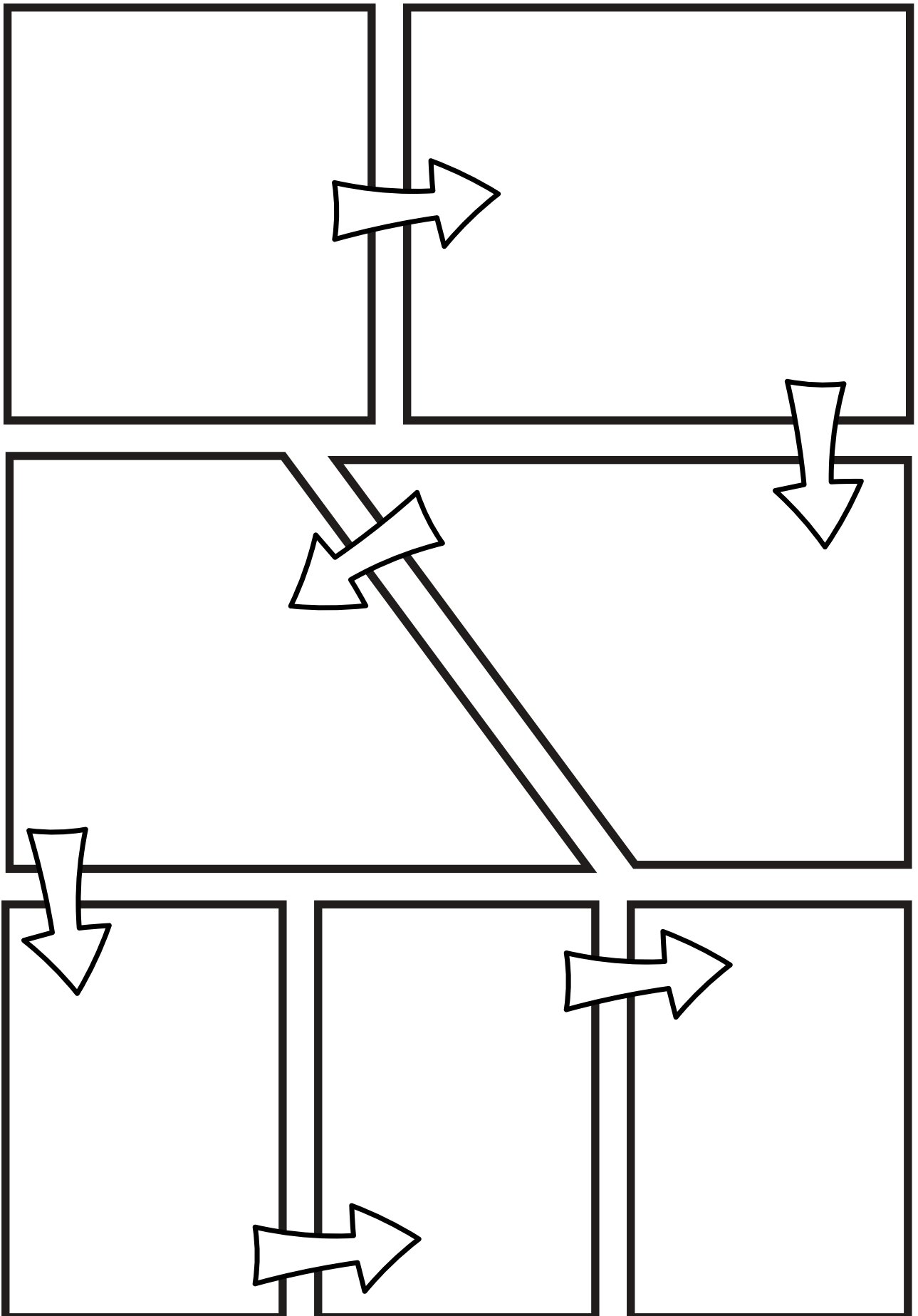


Things that
do not help
me are:



My Morning Routine:

My Afternoon Routine:



My Evening Routine:

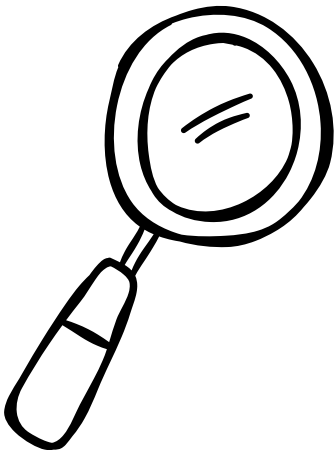
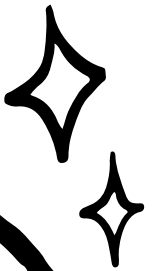
The flowchart consists of seven empty rectangular boxes arranged in three rows. The sequence is as follows:

- Row 1: Two boxes side-by-side. An arrow points from the left box to the right box.
- Row 2: A single wide box. An arrow points from the right side of the top row down into the top right corner of this box. Another arrow points from the top left corner of this box down and to the left.
- Row 3: Three boxes side-by-side. An arrow points from the top left corner of the middle box down into the top left corner of the leftmost box. Another arrow points from the top right corner of the rightmost box down into the top right corner of the middle box. A third arrow points from the bottom left corner of the leftmost box to the bottom left corner of the middle box.

Noticing Worries



To help us to work on our worries, we have to learn how to notice when our worries are popping into our heads and bothering us. You can notice your worries by keeping a 'worry diary' or a worry tally chart. If you would prefer a more practical strategy, then you could make a worry bracelet and move the beads along each time you have a worry.



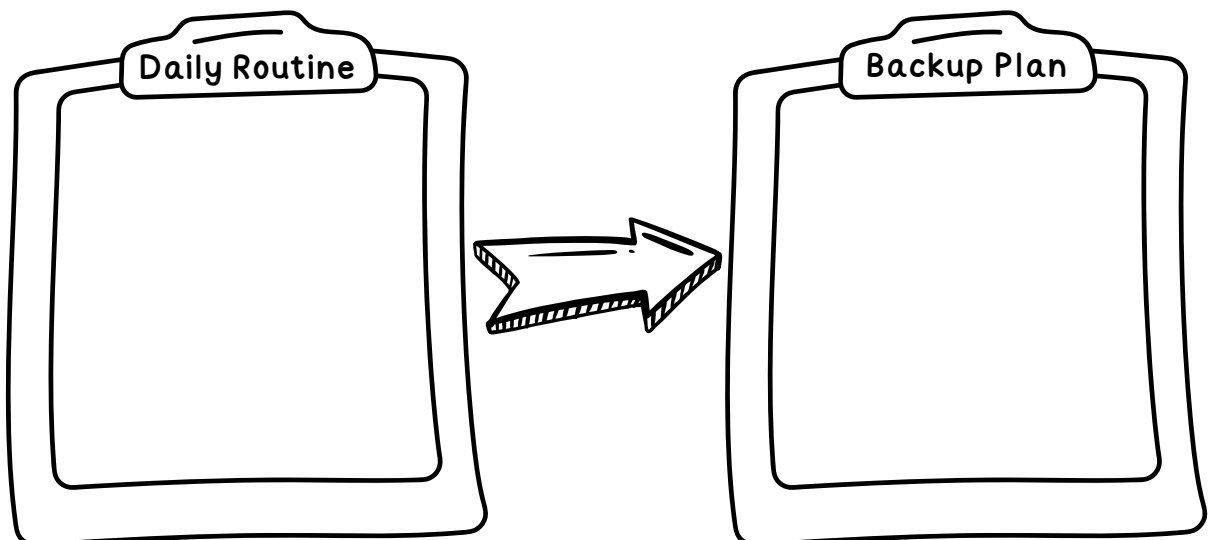
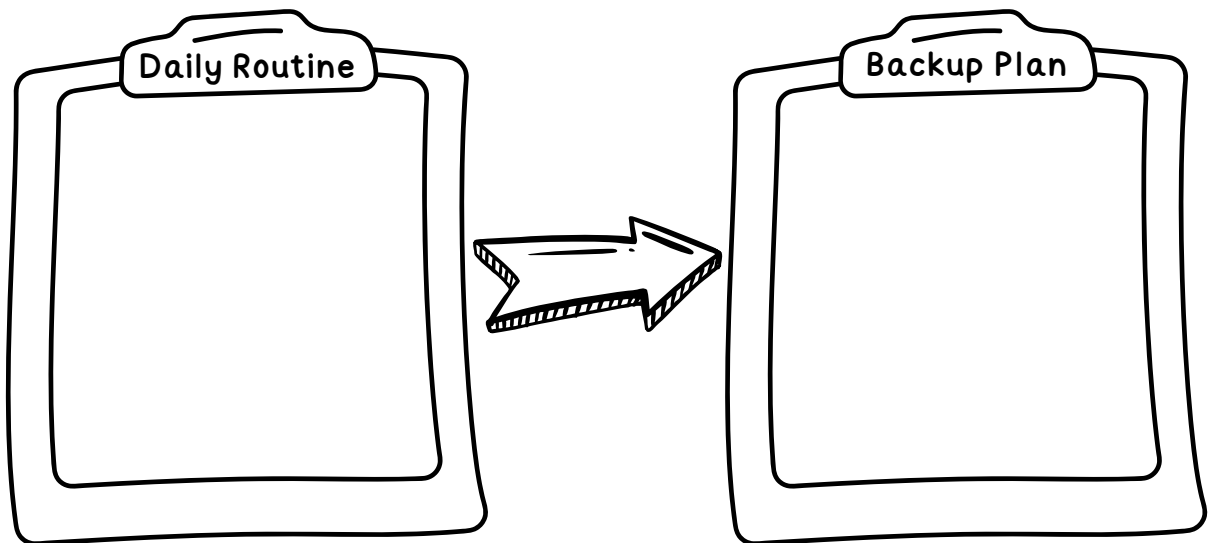
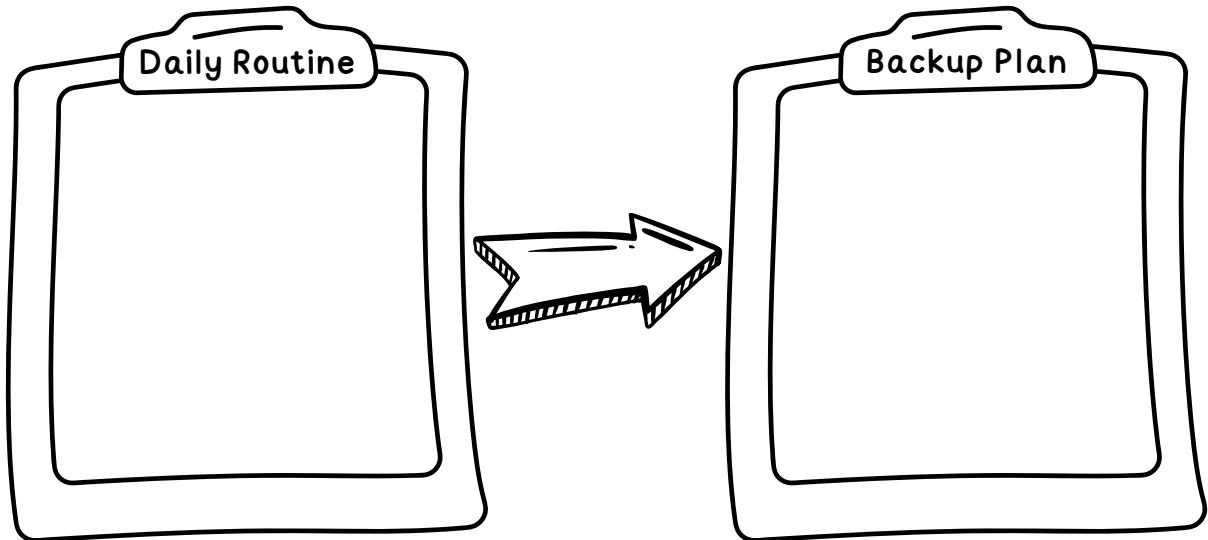
My Worry Tally Chart

Add a tally each time you notice yourself worrying:

A large, empty rectangular box with a thick black border, intended for drawing a worry tally chart.

Coping with Changes

Sometimes our daily routines change and this can make us feel all sorts of BIG feelings, such as worried. Routines can change for lots of reasons, such as a change in the weather or being unwell. We need to have a backup plan for when our routines have to change.



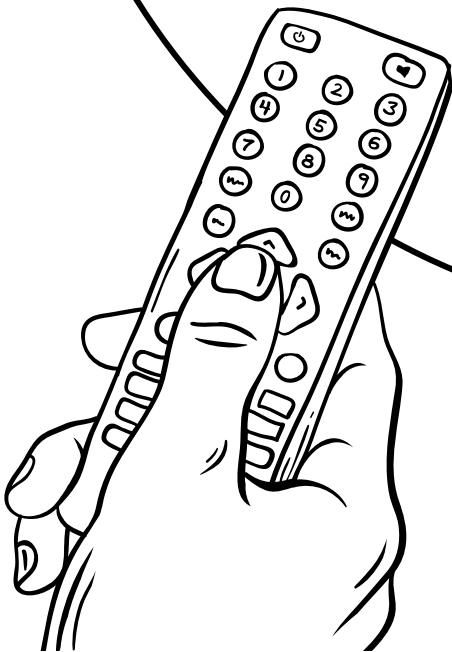
Circles of Control

There are things that we can control and things that we cannot control. For example, we can control what we say, what we do and how we react. However, we cannot control what other people think, say or do. Can you complete the 'Circles of Control' with things you can control and things you cannot control?



Things I Cannot Control:

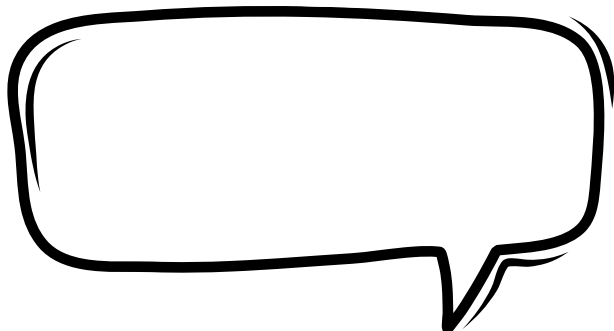
Things I Can Control:



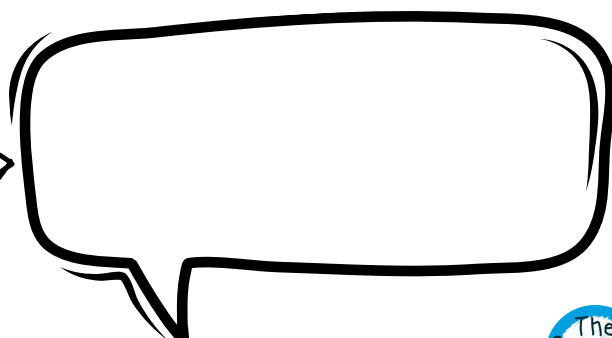
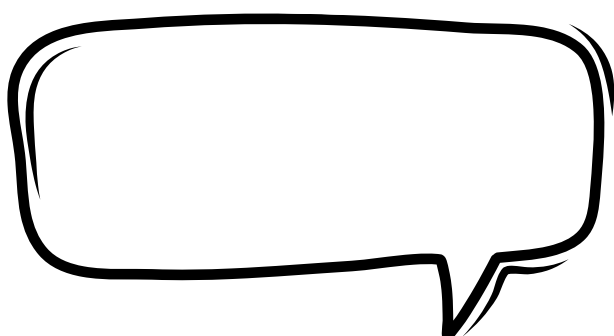
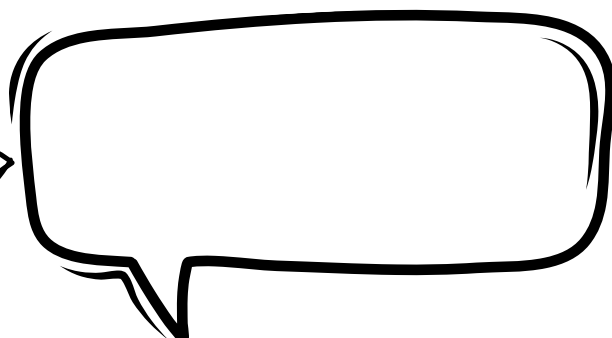
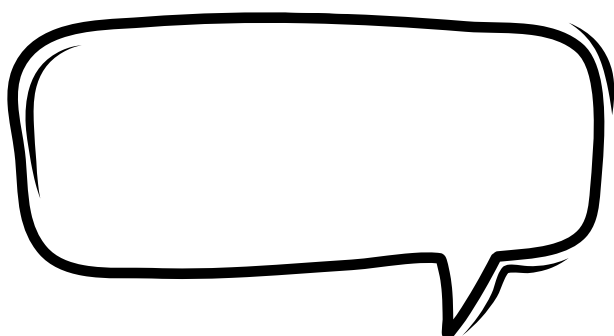
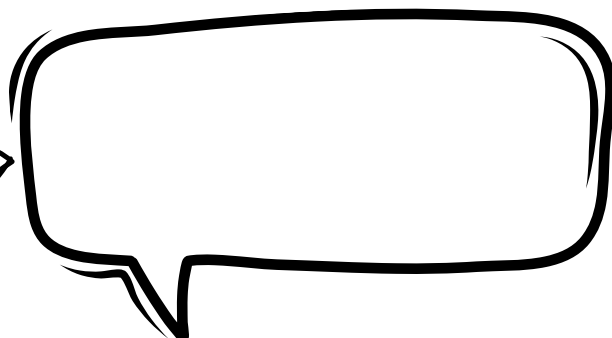
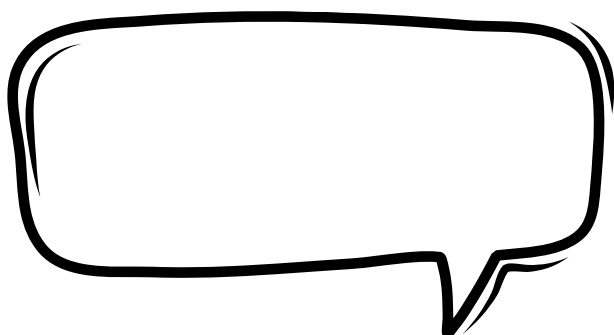
What can I say to myself?

When we experience BIG feelings, such as worry or disappointment, we can get stuck in the trap of blaming ourselves, not wanting to try again or thinking that because it didn't go to plan on one occasion, then this will always happen. This is called 'negative self-talk', instead can you come up with some more 'positive self-talk' statements that are motivating and support you with giving things another try.

Instead of...



I could try saying or thinking...



My Worry Jar

Write down or draw all of your worries here:

Notice the worry



Ask yourself 'What am I worrying about?'



Ask yourself 'Can I do something about it?'



No

Yes

Let go of the worry!

What are the solutions?

Distract yourself and refocus:
think about something else or do something else.

Make a plan!

Who? When? Where?
How? Is it realistic? Is it achievable?

Now

Later

Give it a go!

When?

Let go of the worry!

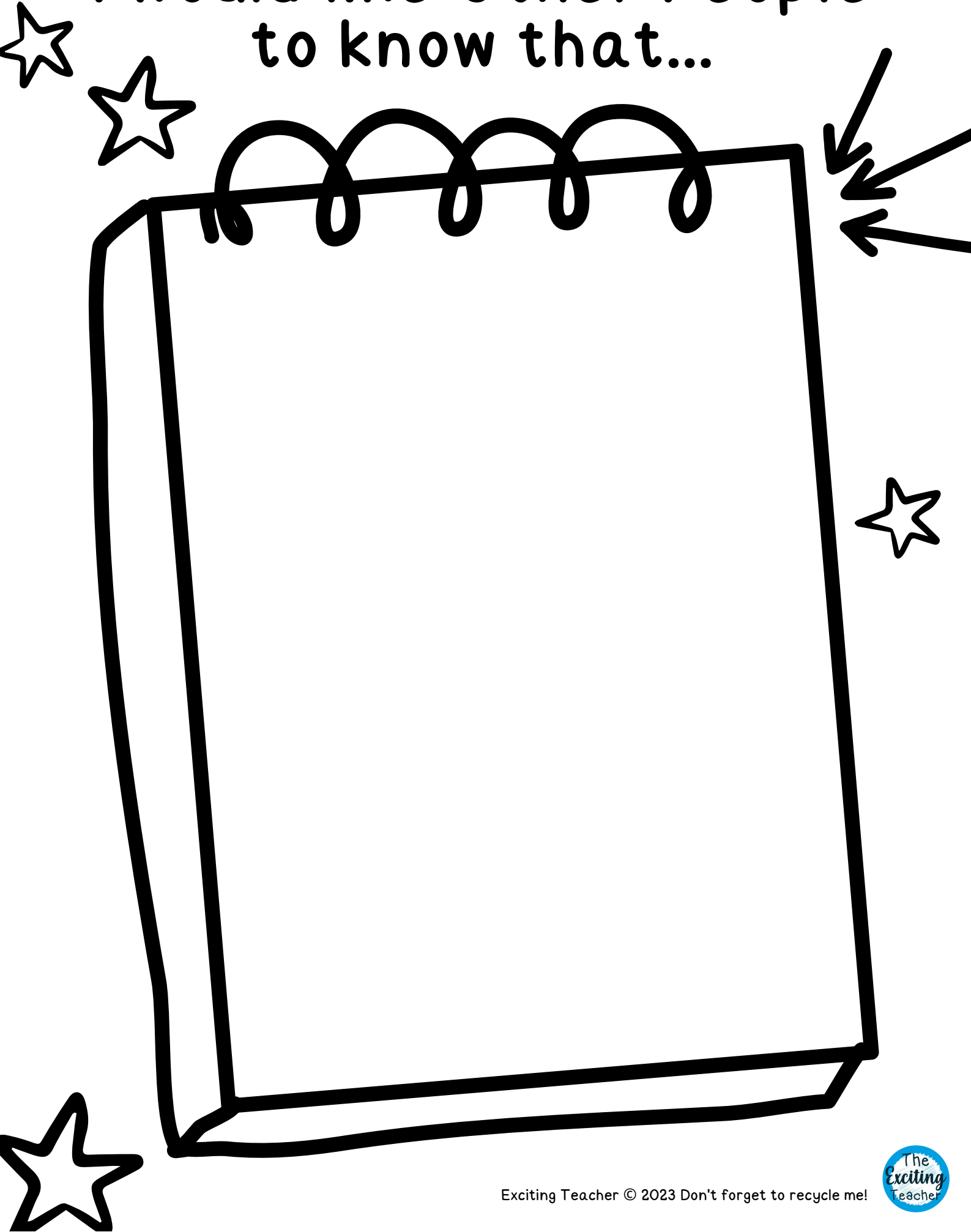
Let go of the worry!

Distract yourself and refocus!

Distract yourself and refocus!

The Problem Solving Worry Tree

I would like Other People
to know that...



WORRY TIME

Top tip: It can be helpful for a grown-up to come along to your Worry Time with you to help you discuss your worries, create a plan for the ones we can do something about and support you with letting the rest go.

Worrying can take up lots of time in our day and stop us from doing things that we want to do. Worry Time is a specific time each day for you to worry. This means that you can worry less throughout the day and let worries go knowing that you will be coming back to them later on.

Here is a Step-by-Step guide to Worry Time:

1. Decide on a specific time for Worry Time. This should be the same time each day but it should never be just before bedtime. We recommend after-school at 4:30pm. Worry Time will last around 10 minutes.



2. Decide on a specific place to sit for Worry Time. This should not be your bedroom but it should be somewhere comfortable.

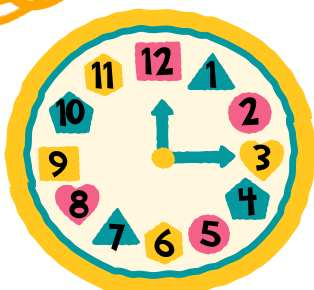


3. When you notice a worry throughout the day, you could write it down and add it to your worry monster, worry jar or worry box. Alternatively, if you are in school you could use a bracelet and move the beads along each time you have a worry.

If you can do something about your worries throughout the day, then you can solve them in the moment. If not, then you bring those worries to Worry Time.

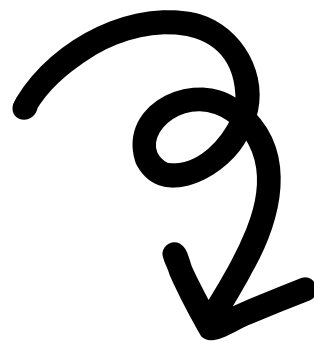
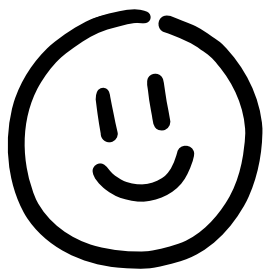
Top tip: If you find yourself worrying throughout the day and are finding it difficult to let go of the worry until worry time, then taking a big deep breath and imagining the worry leaving your body can be helpful!

4. Bring your worries from throughout the day to Worry Time. Get comfortable, set a timer for 10 minutes and allow yourself to worry about all of your worries. Ask yourself, 'Can I do anything about this worry?'. If you can, then come up with a plan. If not, then let go of the worry by tearing up the worry or using a deep breath to blow the worry away.



Once you have worried about the worry, then that worry is done and you can move on to your next worry.

5. Finish Worry Time by taking 3 deep breaths and thinking of 3 positives from your day.



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