

Useful Websites & Numbers

Websites:

- Get self-help—www.getselfhelp.co.uk
- Young Minds—www.youngminds.org.uk
- KOOTH - www.kooth.com
- LCC Emotional Wellbeing Pathway—www.lincolnshire.gov.uk/ewb
- Mood Juice—<http://www.moodjuice.scot.nhs.uk/>
- Healthy Minds—<https://www.lpft.nhs.uk/young-people>

Numbers:

- **Here4You Advice Line:** 01522 309120 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger (Shout);**

SHOUT to 85258



Name:



Lincolnshire Partnership
NHS Foundation Trust

Managing Worries and Anxious Feelings



Workbook

My Worries

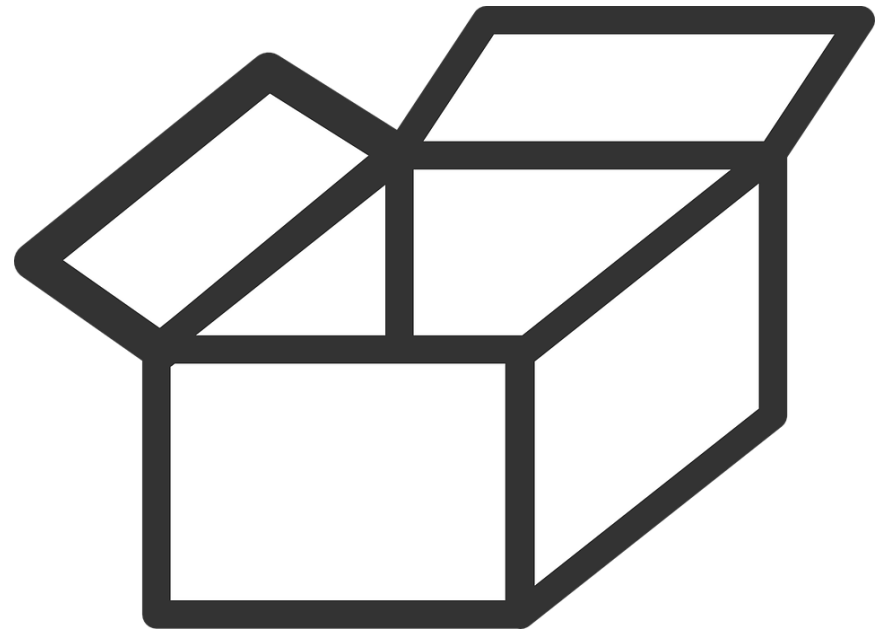
Worrying is a normal process, we all worry at times, it is your body's way of saying something is wrong, and alerting you to a perceived danger. We all worry about different things!

Write below some examples of what you worry about...



Self-Sooth Box

A self-sooth box is a useful tool to use when you are feeling a variety of emotions including sadness and worry. It is personal to each individual and can be kept throughout their life and continuously updated. Draw and write down the things that you might put in your self-soothe box to help keep you calm...



Progressive Muscle Relaxation



Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so. To start, take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.) Breathe in again through your nose (pause for 4 seconds) and out through your mouth again (pause for 4 seconds.) Keep breathing like this throughout the exercise.

During this exercise pay special attention to the feeling of releasing tension in each muscle and the resulting feeling of relaxation. The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practise with your feet...

1. Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.
2. Release the tension from your toes. Let them relax. Notice how your feet feel differently after you release the tension.
3. Tense the muscles all throughout your calf. Hold it for 5 seconds. Notice how the feeling of the tension in your leg feels.
4. Release the tension from your calf, and notice how the feeling of relaxation differs.

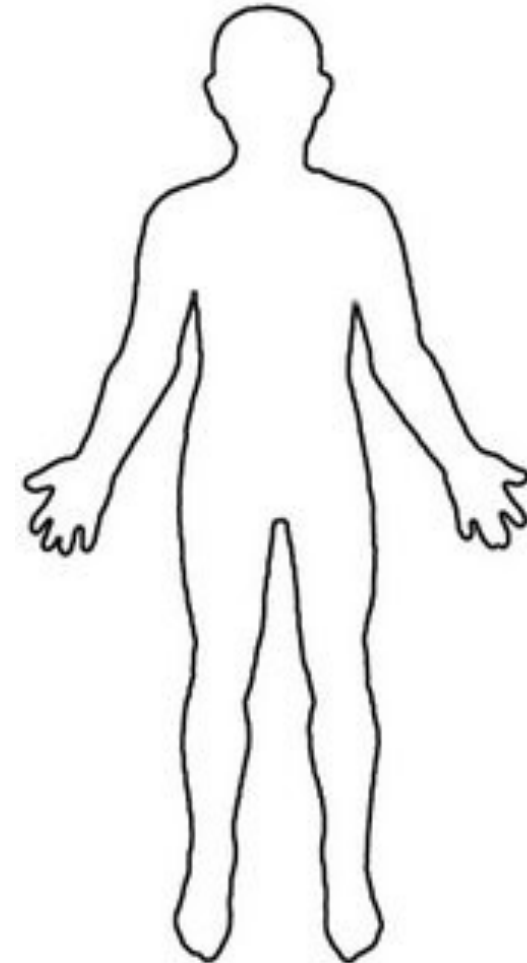
Follow this pattern of tensing and releasing tension all throughout your body. After you finish with your feet and legs, move up through your torso, arms, hands, neck and head.

Our Body's Alarm System



When the brain perceives a threat, it activates the body's "fight or flight" alarm system. We experience uncomfortable feelings because adrenaline is released and makes the body's systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).

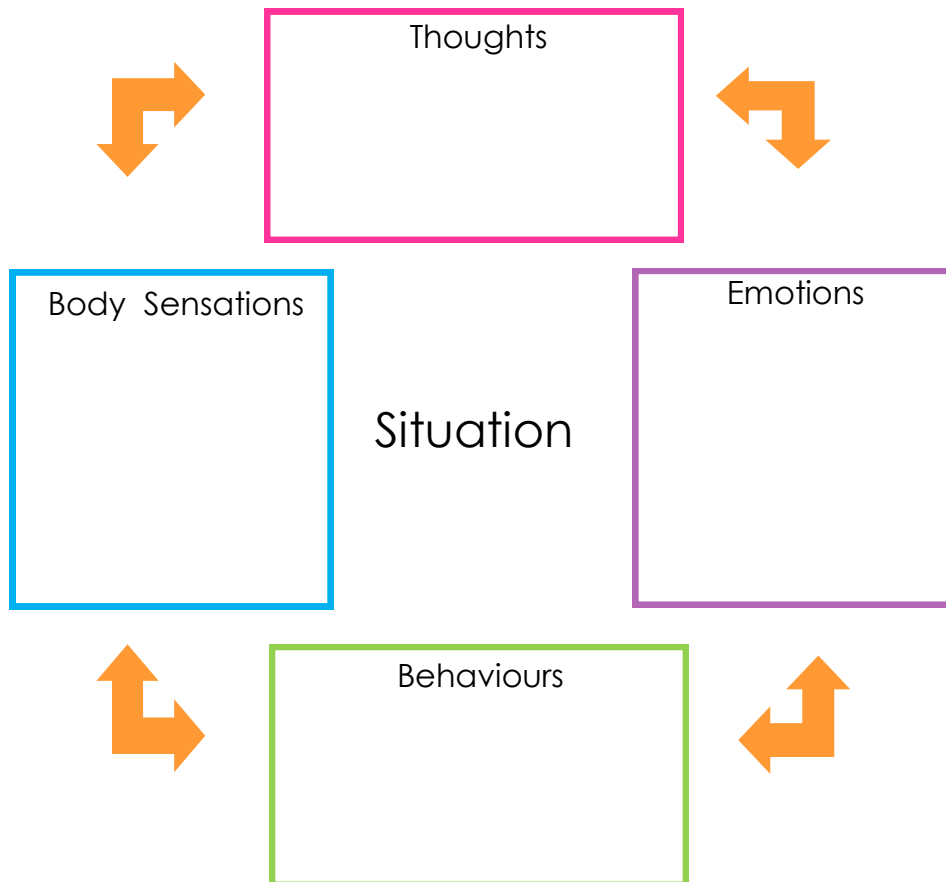
What physical sensations occur in your body?



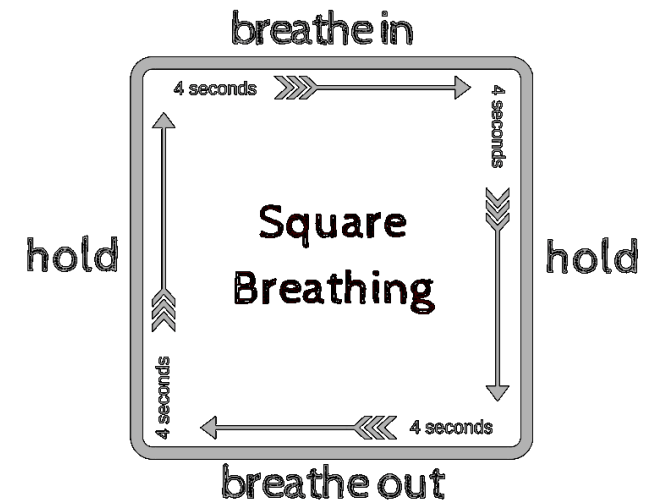
The 5 Areas

This shows how our thoughts, feelings, behaviours and physical sensations link together.

You can use the 5 areas for any situation, positive or negative, to explore how a situation is impacting on you. Using this method can help you identify what is going wrong and where you may be able to make changes.



Square Breathing



Step 1: Starting at the top left hand corner of the square, sit upright and inhale slowly and deeply through your nose to the count of four. Feel the air fill your lungs until your lungs are completely full and the air moves into your abdomen.

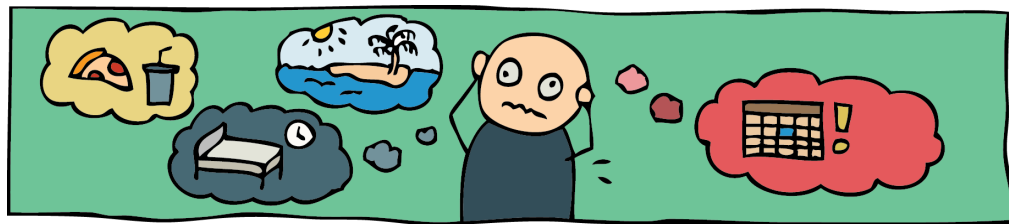
Step 2: Hold your breath for another slow count of four.

Step 3: Slowly exhale through your mouth for a slow count of four. Pay attention to the feeling of the air leaving your lungs.

Step 4: Hold your breath for the same slow count of four before repeating this process.

Things I can do to refocus...

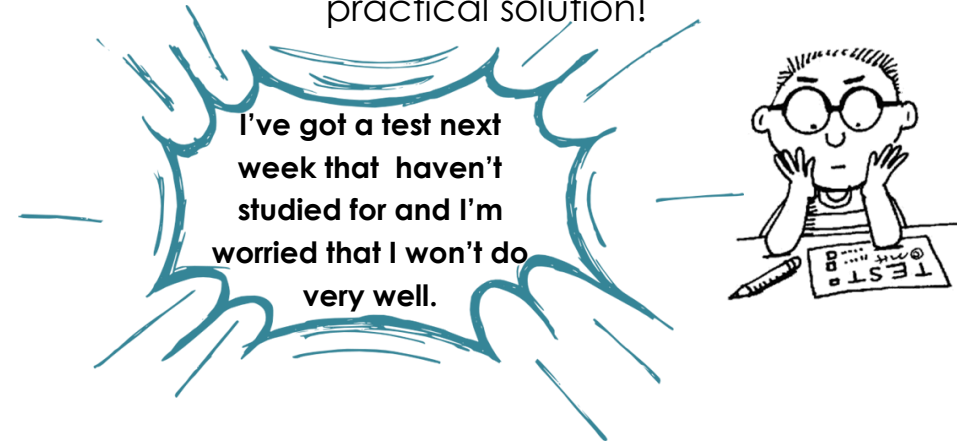
Create a list of things you can do to refocus your mind and bring you back to the here and now following your allocated time to worry...



Types of Worries

Here and Now worries

These are worries that are often affecting you in the here and now and we can usually find a practical solution!



What If worries

This type of worry is often about things that may be well in the future and may not have a solution, no matter how hard you try to find one!



Worry Sorting Activity

Try and sort the worries on the next page into 'Here and Now' and 'What If' worries in the table below.



**What If
worries**



**Here and Now
worries**

My Happy Place

Here you can draw/describe your happy place. Think about your five senses, what might you... see, hear, taste, touch and smell?

You can visit this place anytime you like.



Refocusing

When your mind wanders on to negative thoughts and worries, bring yourself back to the present. Accept that you are having bad thoughts, try to challenge them (what would someone I trust say? What's another way of looking at this? Is this fact or my opinion?) and then concentrate on other things. You can do this by distracting yourself. One way to do this is to focus on your senses ... can you name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste?



Other things you could try...

- ⇒ Try doing some exercise; go for a walk, go to the gym or walk your dog.
- ⇒ Try doodling or scribbling on paper.
- ⇒ Listen to music.
- ⇒ Write in a journal or write a letter.
- ⇒ Have a relaxing bath.
- ⇒ Watch your favourite movie or TV show.
- ⇒ Try cooking or baking.

I have an exam, what if I fail?

I have forgotten my lunch

I've fallen out with my friend and I want to sort it out

I promised my parents I would tidy my room, but I don't have time

What if people laugh when I walk past them at the school gates?

What if I get really ill?

My earphones have stopped working so I can't listen to my music

I have been invited to a party and I don't know many people. What if no one likes me?

I am stuck on my homework and don't know where to start

What if my friends fall out with me?

What to do with my worries?

Worrying too much can interfere with a person's ability to do the everyday things they may want to do. Use the Worry Tree to help you distinguish whether your worry is a Here and Now or What If worry, and find the best way to approach the problem.



Worry time



When you find yourself worrying about What If worries a lot, it is helpful to reduce the amount of time you spend on worries and instead allocate a specific time to concentrate on them.

This allows you to be more in control of your day. There are four steps to carry out and, as with any skill, practice makes perfect.

Step 1: Plan your time to worry

Pick a time of the day that you will let yourself worry for around 15-20 mins. Make sure there are no distractions during this time!

Step 2: Write down and keep a log of your worries

Keep track of the things that you are worrying about during the day by writing them down so you can think about them later.

Step 3: Refocus your mind

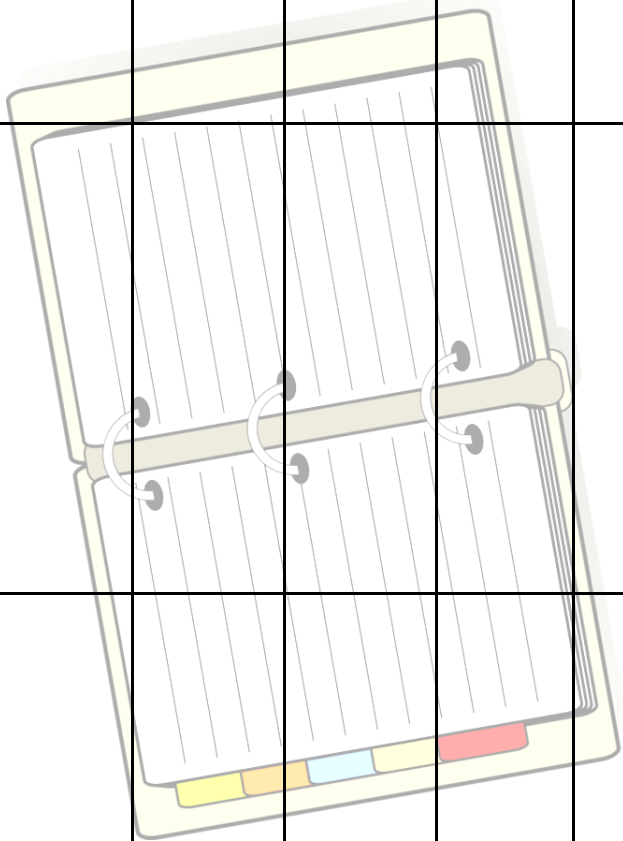
Once you have written down your worry it is important to try not to think about it. Try to distract yourself by doing something you enjoy or something that will keep you busy.

Step 4: Take your worries to worry time!

Now you can let yourself worry! Read your list of worries and see how you feel about them now. Are you as worried about them as you were when you wrote them down?

Worry Diary

Date and Time	What was happening at the time?	What is the worry?	Anxiety (0 – 10) 0 = no worried feelings 10= most worried feelings.	Is it a What If or a Here and Now worry?



7 Steps to Problem Solving...

Step 1: Identify the worry you want to focus on

Choose one of the Here and Now worries that you would like to try and problem solve.

Step 2: Identify Solutions

Identify as many potential solutions as possible. At this stage nothing should be rejected, no matter how ridiculous some solutions may seem.

Step 3: Analyse the strengths and weaknesses of each solution

Make a note of the main advantages and disadvantages of each solution. This may include the possibility of being able to undertake the solution, the resources you have and how you feel about carrying it out.

Step 4: Select a solution

Now choose one of your solutions to try out.

Step 5: Develop a plan

The solution you have chosen may require careful planning. Try to stick to the 'Four Ws' – what, where, when, with whom.

Step 6: Put your plan into action

Now that you have developed your plan, it is all about putting it into action.

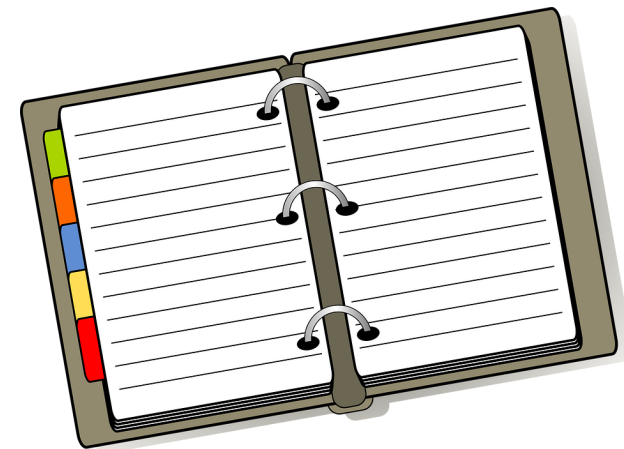
Step 7: Review your plan

Maybe it worked a little or not at all. The advantage of problem solving is that other options always exist. If the plan worked then continue to use it, if not then pick another solution to try.

Keeping a log of your worries

It is useful to capture your worries as they arise. Doing this helps you to classify if your worries are Here and Now or What If worries and use the Worry Tree to establish the best way forward for managing your worries.

When a worry pops into your head, write it down and place it into a safe place, like a diary or a worry app and leave it until worry time.



After you've written it down, take your mind off of it by refocusing (see pages 14 -16.)