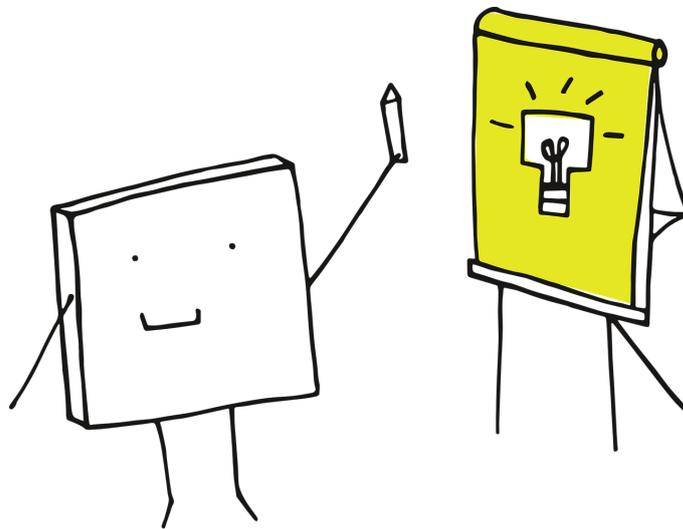




# Managing Worries and Anxious Feelings



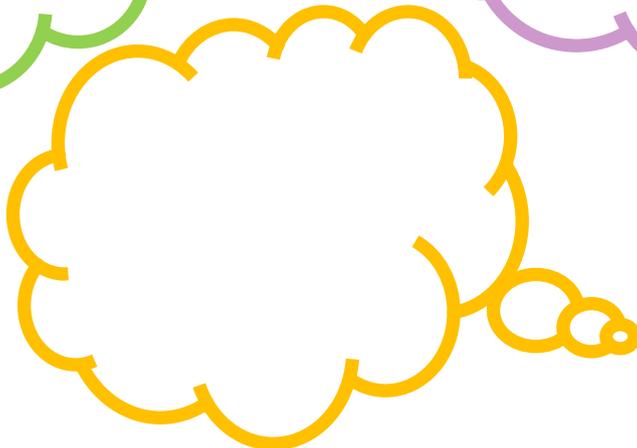
## Workbook For Primary Age

**Name:**

To be used in conjunction with the Managing Worries and Anxious Feelings Online Workshop which can be found at; <https://www.lpft.nhs.uk/young-people>

# My Worries

We all worry about different things! Can you think of some examples and write them below?



# Body Sensations

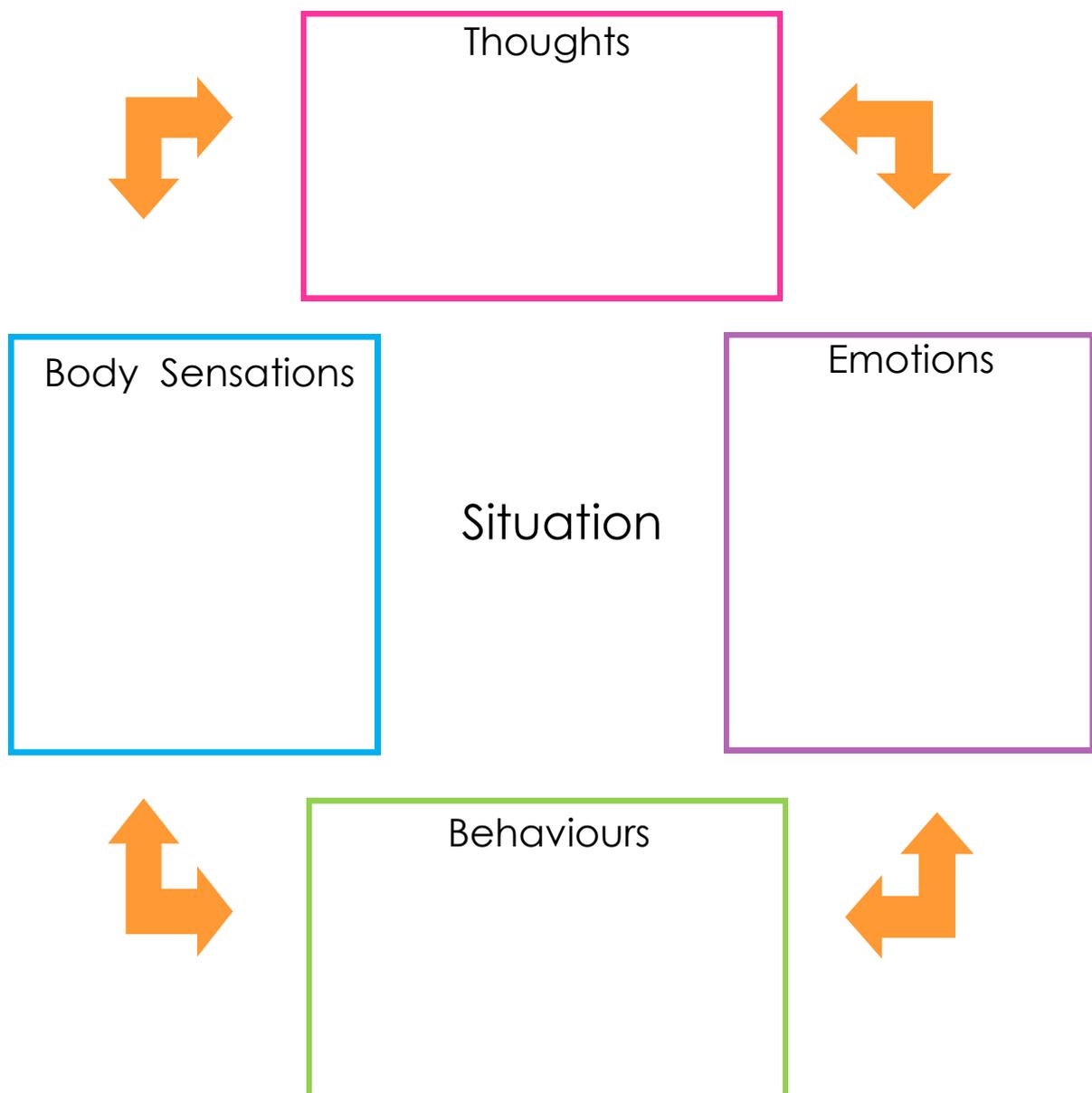
Can you write/draw how your body feels when you are worried?



# The cycle of worry

Worrying can affect how you think, how you feel, how you behave and the sensations you feel in your body.

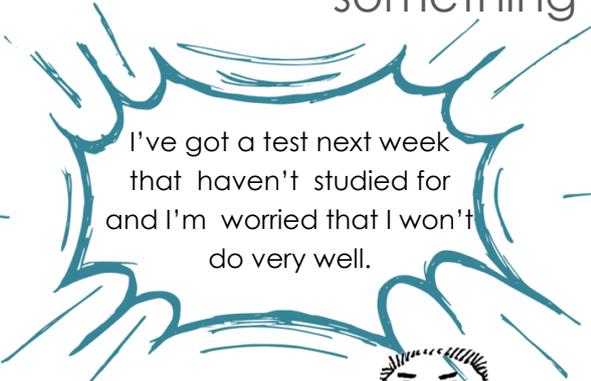
Can you complete the 5 areas below for the scenario provided?



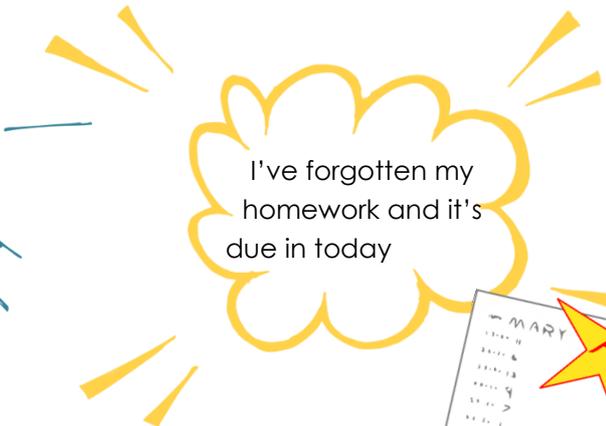
# Types of worry

## Here and Now worries

These are worries that we can do something about now.



I've got a test next week that haven't studied for and I'm worried that I won't do very well.



I've forgotten my homework and it's due in today



## What If worries

These are often about the future and we cannot fix them right now!



What if people will make fun of my new haircut?



What if I'm late for school?

# 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**

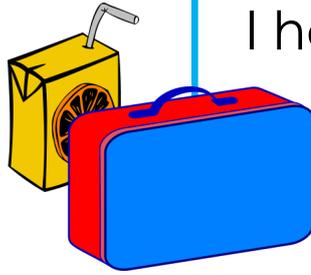
**Here and  
Now worries**



Did you get them all right?



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

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

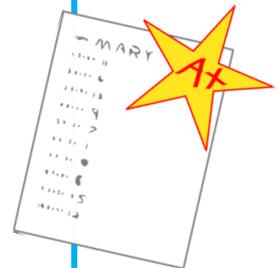


What if I get really ill?



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?



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

# Worry Tree

The worry tree can help you decide the best way to deal with your worry.

Why not give it a go?



# Problem Solving

To bust our Here and Now worries, we can use  
Problem Solving!

There are 7 steps you can follow to find a  
solution to your worry...

**STEP 1**  
What is the problem?



**STEP 2**  
Think of all the ways you can  
try to fix the problem

**STEP 3**  
What is good and bad about  
each way?



STEP 4  
Pick your best idea!



STEP 5  
Make a plan!

STEP 6  
Do it!



STEP 7  
How did it go?



Problem solving does not work for all worries, but don't panic, we can try something else!

# Collecting your worries

Try and collect your worries throughout  
the day!

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



After you've written it down, take your  
mind off it.



# Worry Diary

<b>Date and Time</b>	<b>Where was I? Who was I with?</b> 	<b>What was I worried about?</b> 	<b>How big was my worry?</b> 0-10 (0 is teeny and 10 is huge)

# Worry Time

## 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!



# Distraction

When your mind wanders to worry, it is important to bring yourself back to the here and now by distracting your mind.

Why not try some of these ideas to help you along?

## Letter Game



Go through the alphabet and name countries, animals, and food!

## Counting



Pick a number, add it to the number before and see how far you get!

## Grounding



Try using your 5 senses to 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.



# My Happy Place

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



# Things you can do to refocus your mind...

What things do you enjoy doing? What makes you feel happy? Write/Draw a list below...



# Relaxation

We can use relaxation methods to help manage our body sensations and our worries.



## Finger Breathing

**Step 1:** Sit comfortably, resting one hand in front of you with fingers outstretched like a star. Have the pointer finger of your other hand ready to trace your hand.

**Step 2:** Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb.

**Step 3:** Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down.

**Step 4:** Continue breathing in and out as you trace your whole hand.

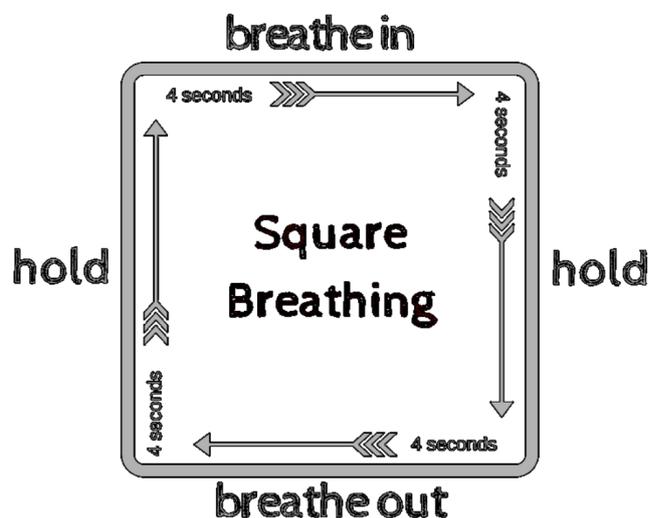
**Step 1:** Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of air filling your lungs.

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

**Step 3:** Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.

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

## Square Breathing



# Muscle Relaxation

Ask a trusted adult to help you try to relax your muscles by reading the following script...

Please begin by sitting back comfortably or lie down. Now, 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, imagining any worried thoughts or tightness in your body floating away as you breathe out.

Now, we're going to start by focussing on our feet. Tense your feet by curling your toes up like fists. Hold on to that tense feeling (pause for 5 seconds) and now slowly let go, imagining all the tightness in your toes slipping away from your body. Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

Now we're moving to your lower legs and calves. Maybe there's some tightness in your calves, do your legs feel heavy or sluggish? Tense your lower legs now, tensing the calves (pause for 5 seconds) and slowly let go.

Now, your upper legs. Squeeze your thighs together (pause for 5 seconds) and now slowly let go. Next, we're moving on to your tummy area. Tense your stomach by sucking in your tummy (pause for 5 seconds) and now slowly release and let go.

Next we're going to move on to your shoulders. The shoulders are one of the places that we can hold lots of tension, so really push those shoulders up as high as you can (pause for 5 seconds) and slowly let go.

Moving on to your arms and hands, tense up your arms and make your hands into fists, squeezing tight (pause for 5 seconds) and now release, letting your arms go limp and letting go of any tightness.

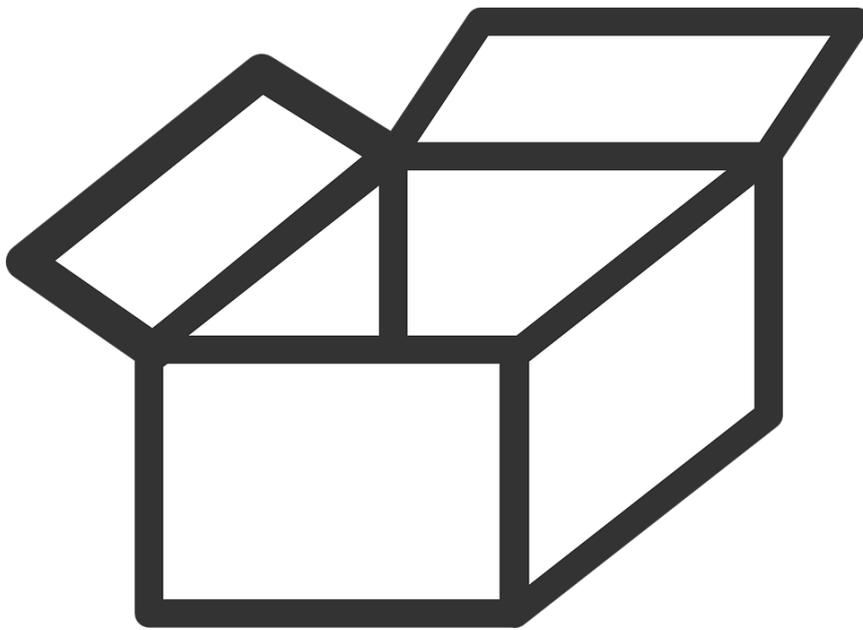
Finally, your face. Keeping those eyes closed, scrunch up your face as much as you can and hold it there (pause for 5 seconds.) Now let go slowly and imagine any tightness in your face leaving you.

Now, when you're ready, slowly open your eyes.



# Self-Soothe Box

Draw and write down the things that you might put in your self-soothe box to help keep you calm. Remember to think about your 5 senses as you do so... touch, taste, hear, smell and see!



# Useful Websites & Numbers

## Websites:

- **Get self-help**—[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- **Young Minds**—[www.youngminds.org.uk](http://www.youngminds.org.uk)
- **KOOTH (11+)** - [www.kooth.com](http://www.kooth.com)
- **Mood Juice**—<http://www.moodjuice.scot.nhs.uk/>

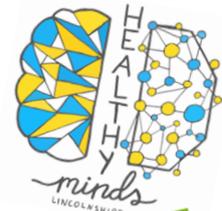
## Numbers:

- **Here4You Advice Line:** 01522 309120 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger (Shout);**  
SHOUT to 85258

**shout**

for support in a crisis

CRISIS TEXT LINE |



**SAMARITANS**

Call free day or night on

**116 123**



Don't forget to check out our website, for lots of other useful information; such as our relaxation videos and our useful apps booklet!

<https://www.lpft.nhs.uk/young-people>



We really appreciate your feedback so we can continue to improve our service for you!

Please don't forget to fill out the short feedback survey once you have completed the workshop;

<https://www.surveymonkey.co.uk/r/HMLvirtualworkshop-CYP>

<https://www.surveymonkey.co.uk/r/HMLvirtualworkshop-Parent>