

Who else can help me?

Why not try talking about how you are feeling with someone you trust or an emotional helpline such as, **ChildLine 0800 1111**. Do activities you enjoy which take your mind off what you are thinking.

Who can you talk to?



Websites & Numbers

- Here4You Advice Line: 01522 309120 (CAMHS & Healthy Minds)
- Samaritans: 116 123
- LCC Emotional Wellbeing Pathway
- Healthy Minds LPFT— <https://www.lpft.nhs.uk/young-people>
- Kooth.com (+11)
- www.youngminds.org.uk

Managing Worries and Anxious Feelings



Workbook

Name:

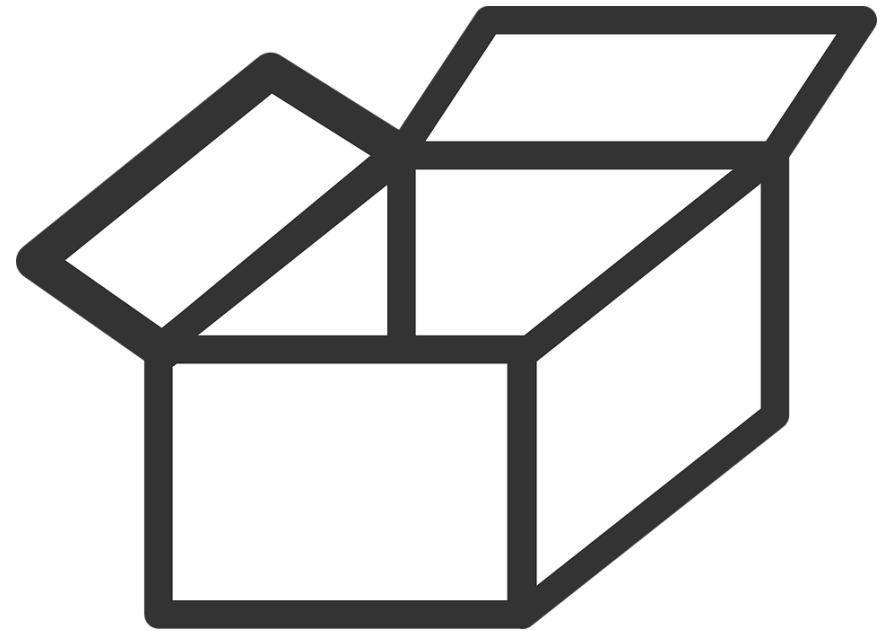
My Worries

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



Self-Soothe Box

Draw and write down the things that you might put in your self-soothe box to help keep you calm...



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.

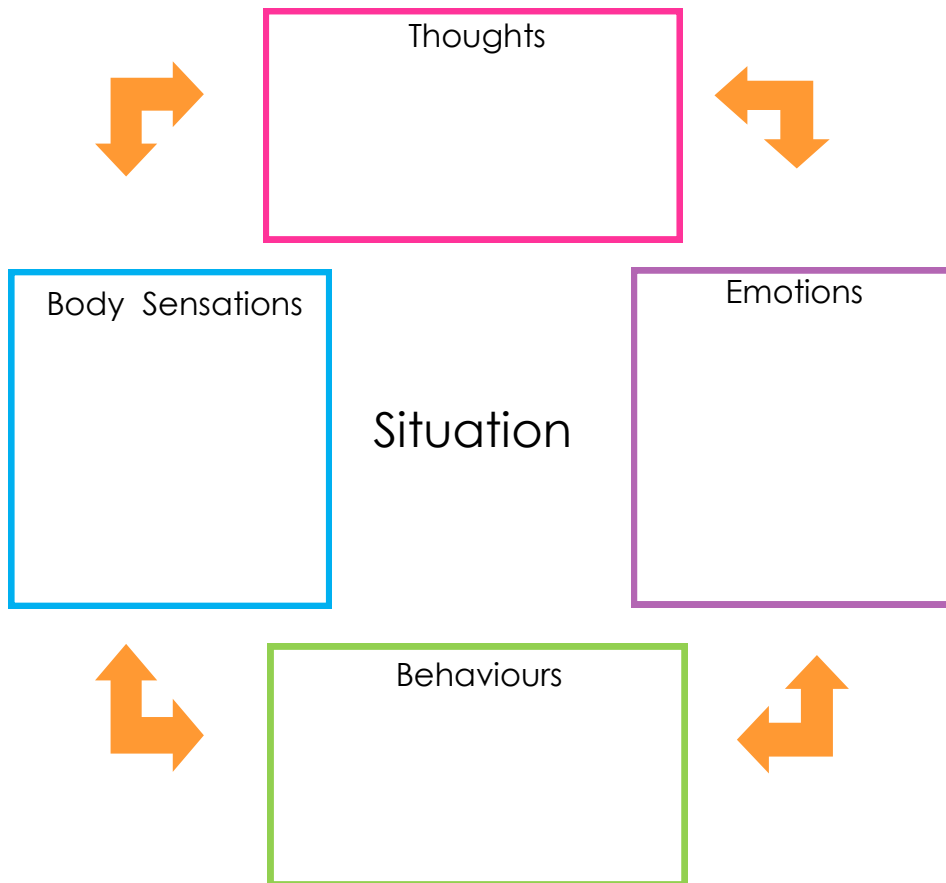
Body Sensations

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



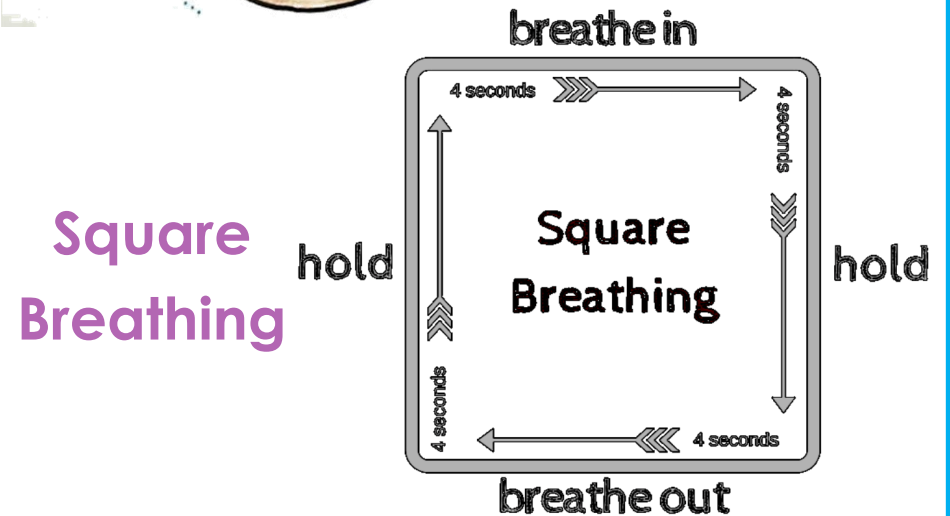
The cycle of worry

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



Relaxation

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



Things you can do to refocus your mind...

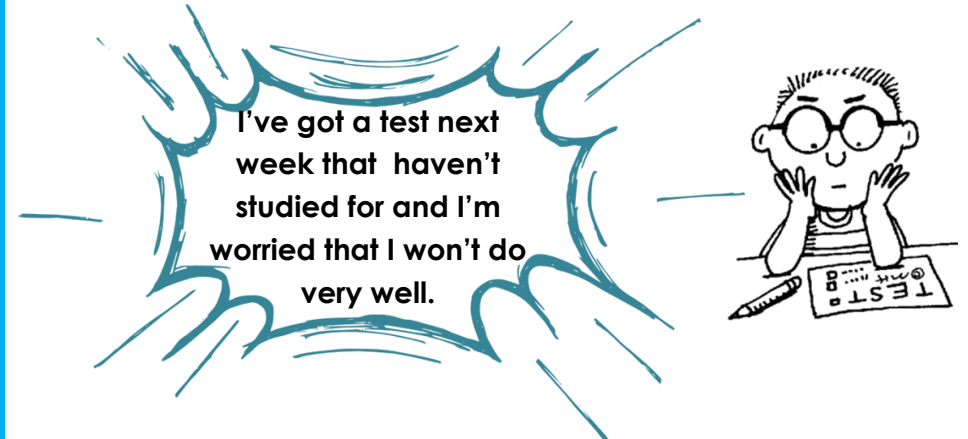
What things do you enjoy doing? What makes you feel happy? Write/Draw a list below.



Types of worry

Here and Now worries

These are worries that we can do something about now.



What If worries

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



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

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



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.

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?

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?

Worry Tree

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

Why not give it a go?



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!

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	Where was I? Who was I with? 	What was I worried about? 	How big was my worry? 0-10 (0 is teeny and 10 is huge)

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...

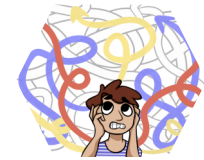
STEP 1

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.