



## What is worry/anxiety?

All humans have lots of different feelings. Another word for feelings is emotions. Our emotions are constantly changing because of things going on around us. Emotions are a way of telling us how we feel about the world around us. They are a clue as to whether we are enjoying something. Our emotions also change because of our thoughts.

\* Our emotions can feel small and quiet or loud and big. Some feelings feel good and some feel uncomfortable and bad.

\* Everybody has feelings, and you can't always tell what someone is feeling just by looking at them.

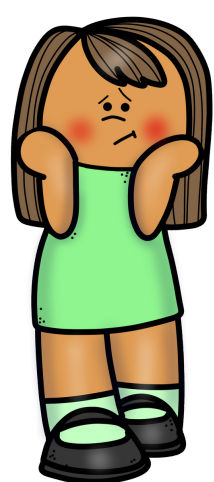
\* It's ok to feel whatever you are feeling, even if its one of those emotions that doesn't feel very nice, like sadness or anger.

We give names to the different ways we feel inside so that we can talk about them. Being able to recognise our emotions is very important. Why not see if you can match the right word with the emotion and think about how you might recognise them, eg worry might feel like a knot in your tummy, anger you might feel like a volcano ready to explode



Sad

Shy



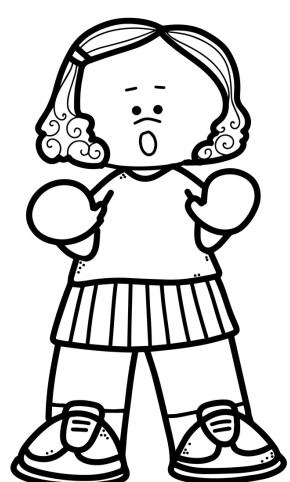
Shocked

Scared



Worried

Happy

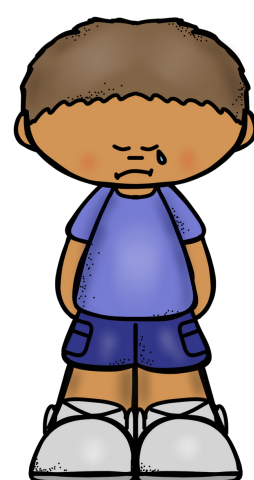
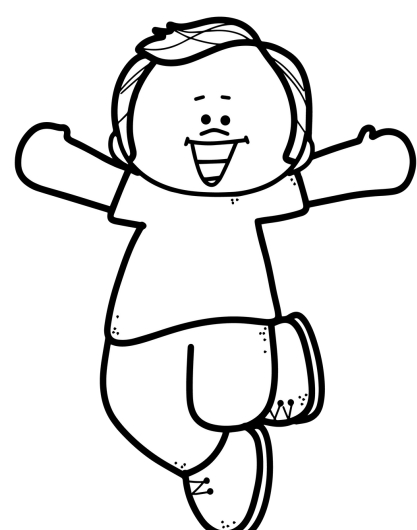


Excited

Confused



Angry





Anxiety is the feeling you get when you have a worry that you just can't get off your mind. One that can take over your thoughts so that you don't have time to think about anything else. You might worry that something that has happened in the past might happen again or that something bad will happen to you or someone you care about. When you think about this you might get a horrible feeling in your body.

Sometimes we know what we are feeling, that horrible uncomfortable feeling in our body but we can't really explain it, or we think that no-one else will understand our worries.

Anxiety is another emotion that all human's feel and its very normal! In fact worry can keep you safe and help you make sensible decisions.

If you imagine your brain has an alarm a bit like a smoke detector. It's job is to keep you safe. Just like a smoke detector though it can't tell the difference between smoke from some burnt food and smoke from a real fire. The alarm will still go off and set off a reaction in your body to get you ready and keep you safe. Sometimes your alarm can go off when you aren't in any serious danger. When you are in danger it will keep you safe.

**Worry can feel like**

Too many thoughts

Headache

Crying

Dizzy

Sweating

Can't Speak

Quick Heartbeat

Feeling Sick

Wanting to run away

Needing to go to the toilet



Circle any that you feel when you experience worry and add anything else that isn't in the list

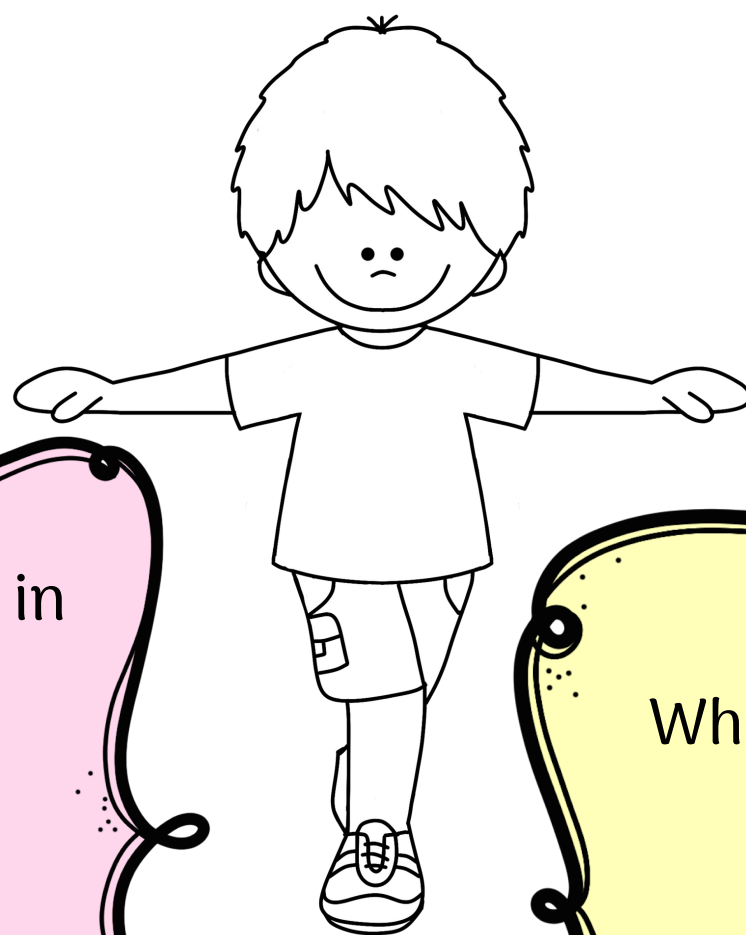
## Let's take a closer look...

When we have thoughts in our head of worry, we can also have worry feelings in our bodies. We all feel something different, some people get sweaty palms, some get racing hearts, others find it hard to breathe. Our thoughts affect our body and affects how we react in situations. See the below example.

Bobby has a test today. Bobby has not been able to stop thinking about the test since his teacher told him 2 days ago he was having one. Last night Bobby couldn't sleep properly, he tossed and turned constantly thinking about what questions they might ask? What happens if he doesn't know the answer? What if he gets the answer's wrong? Bobby dreamt that he failed his test and everyone laughed at him.

That morning Bobby had woken up feeling tired. His chest felt tight, as if he couldn't breathe. When he sat down for the test he noticed his hands were all sweaty and he couldn't grip his pen properly. His leg was shaking, and he thought about his dream, how everyone laughed at him for failing. He thought he was a loser. He suddenly felt dizzy and sick.

What did you notice?

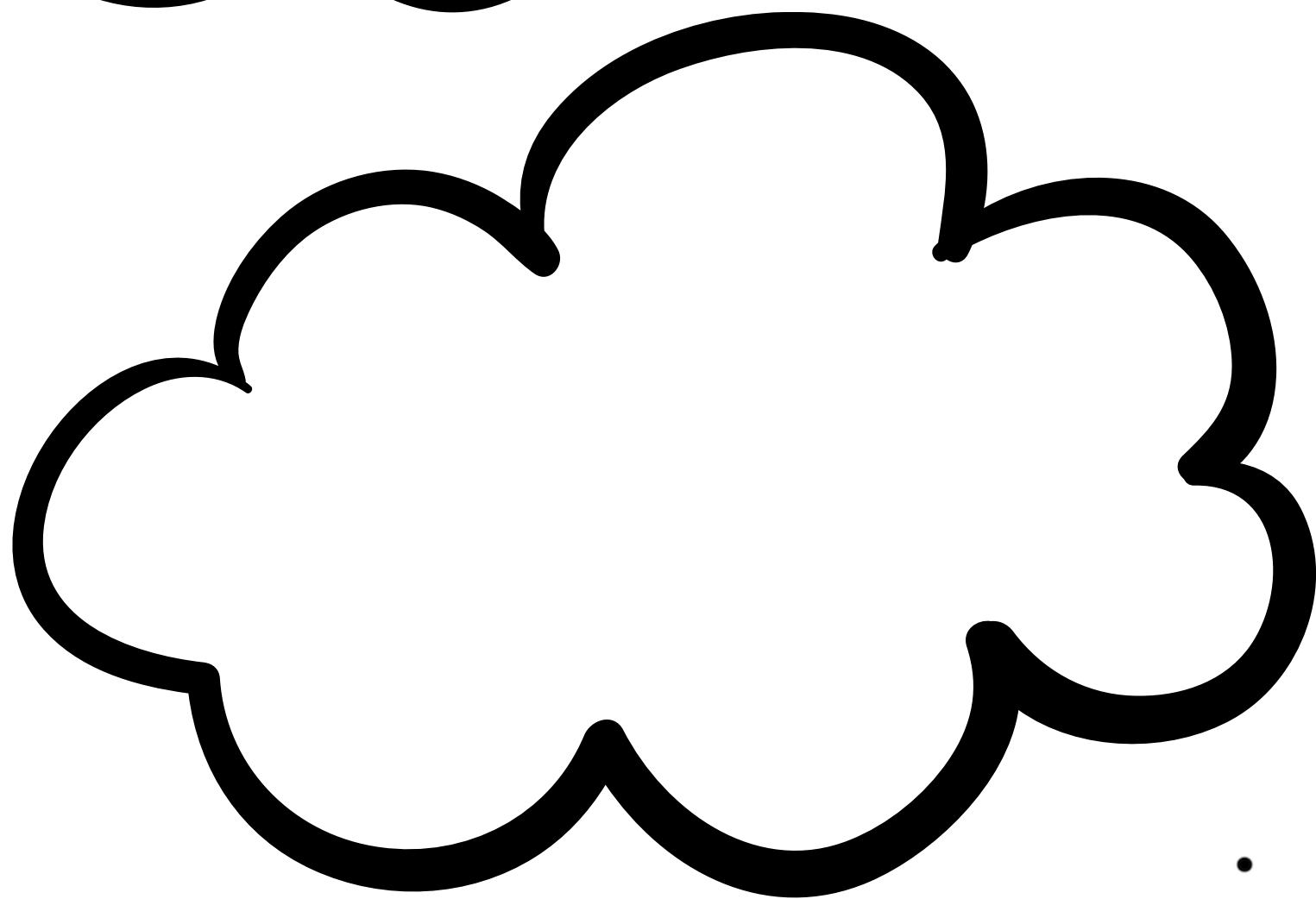
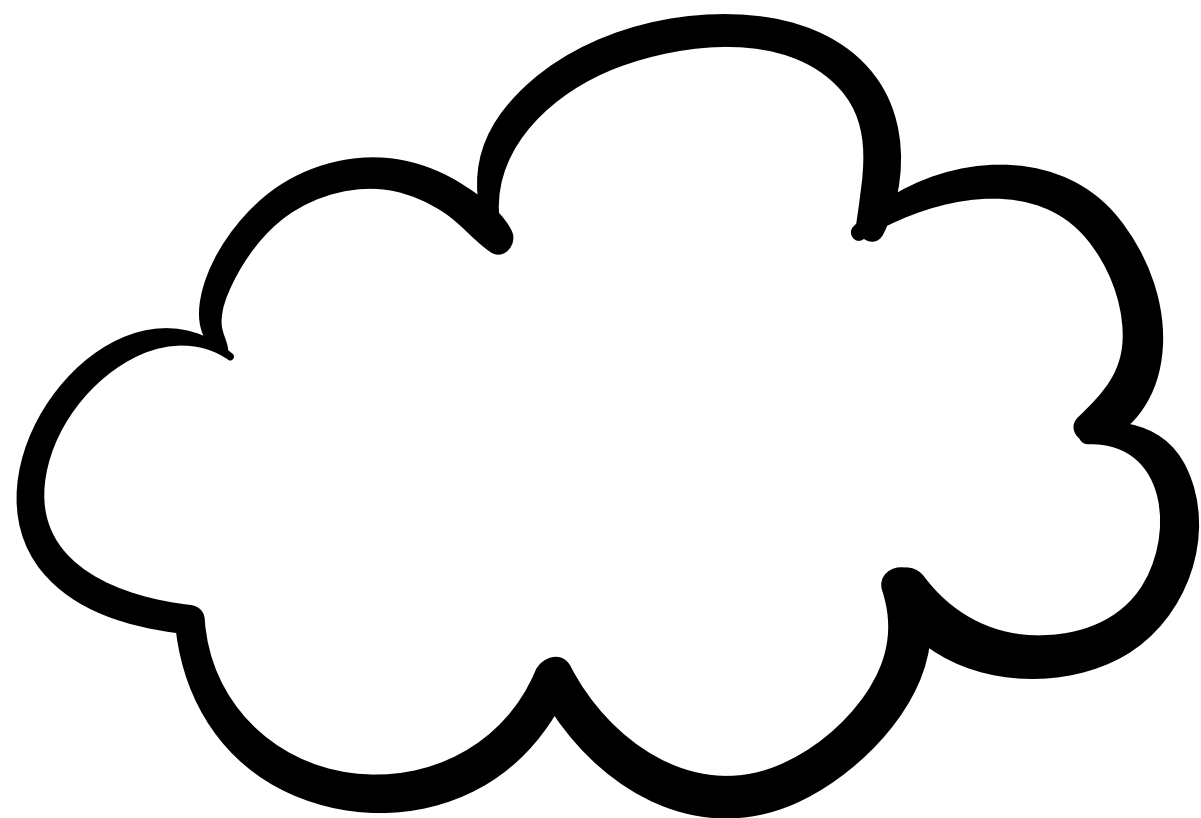
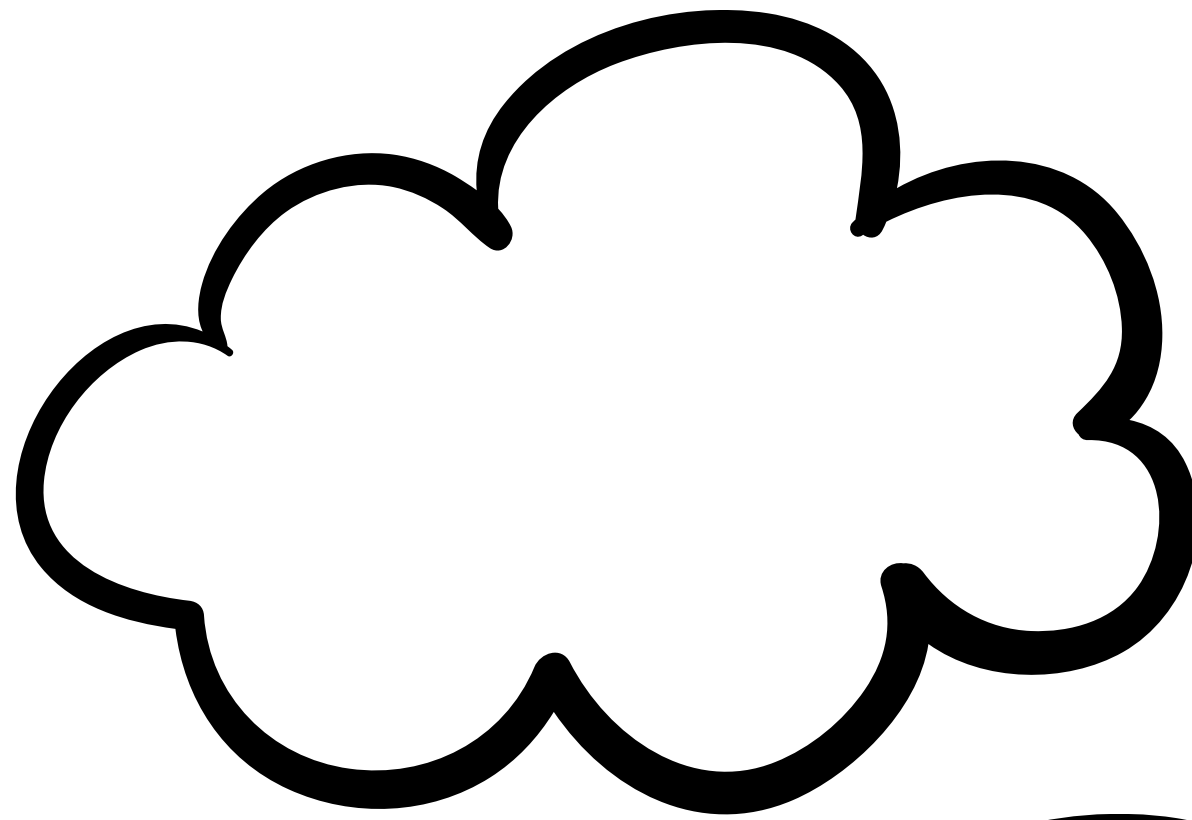
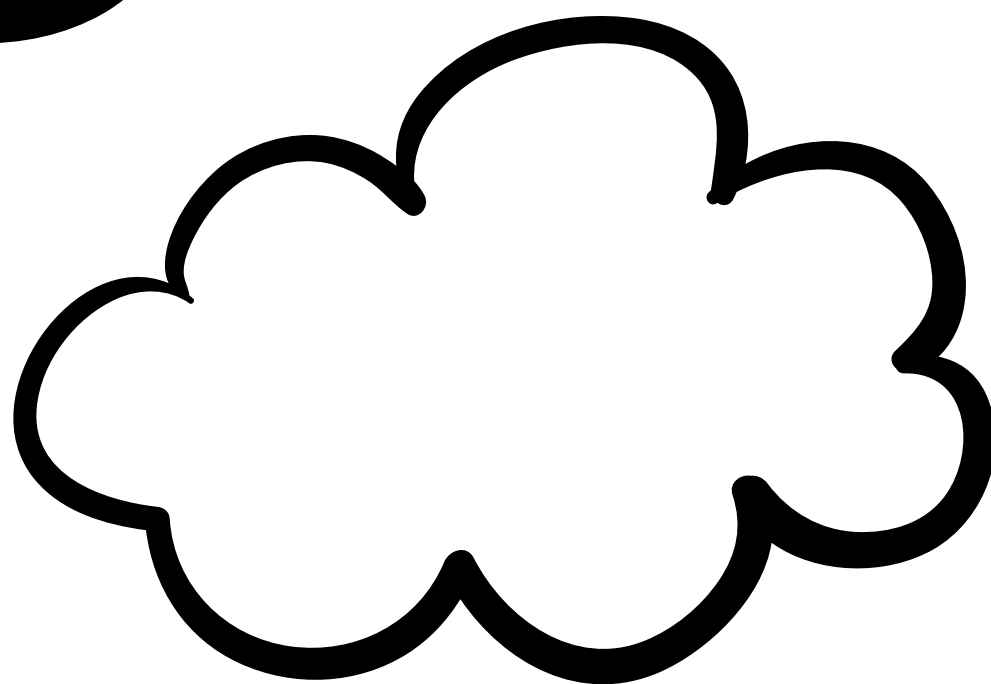
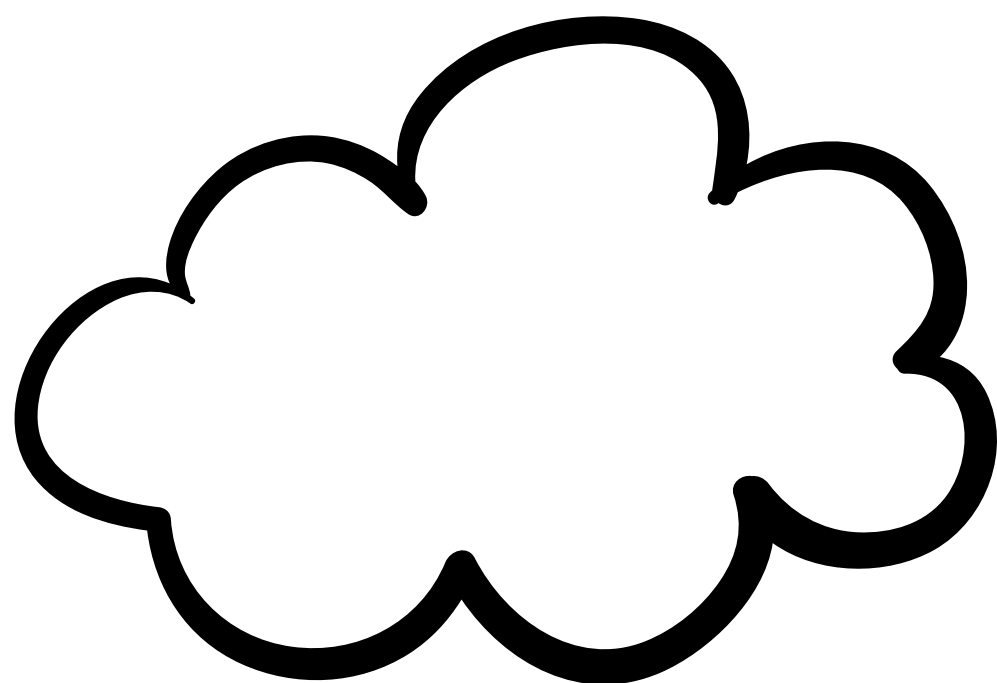
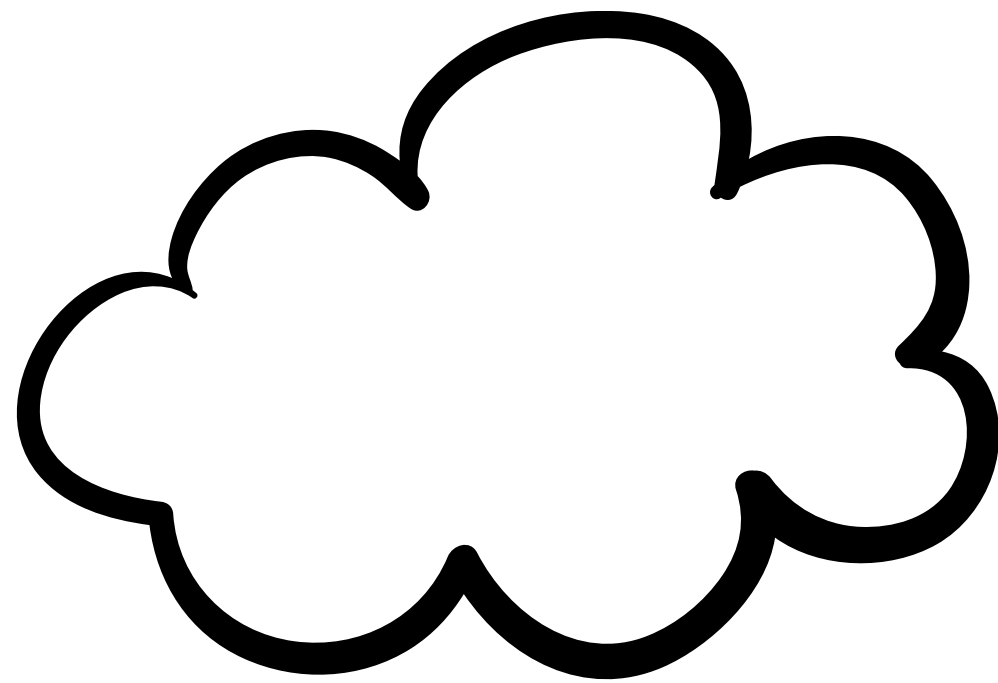
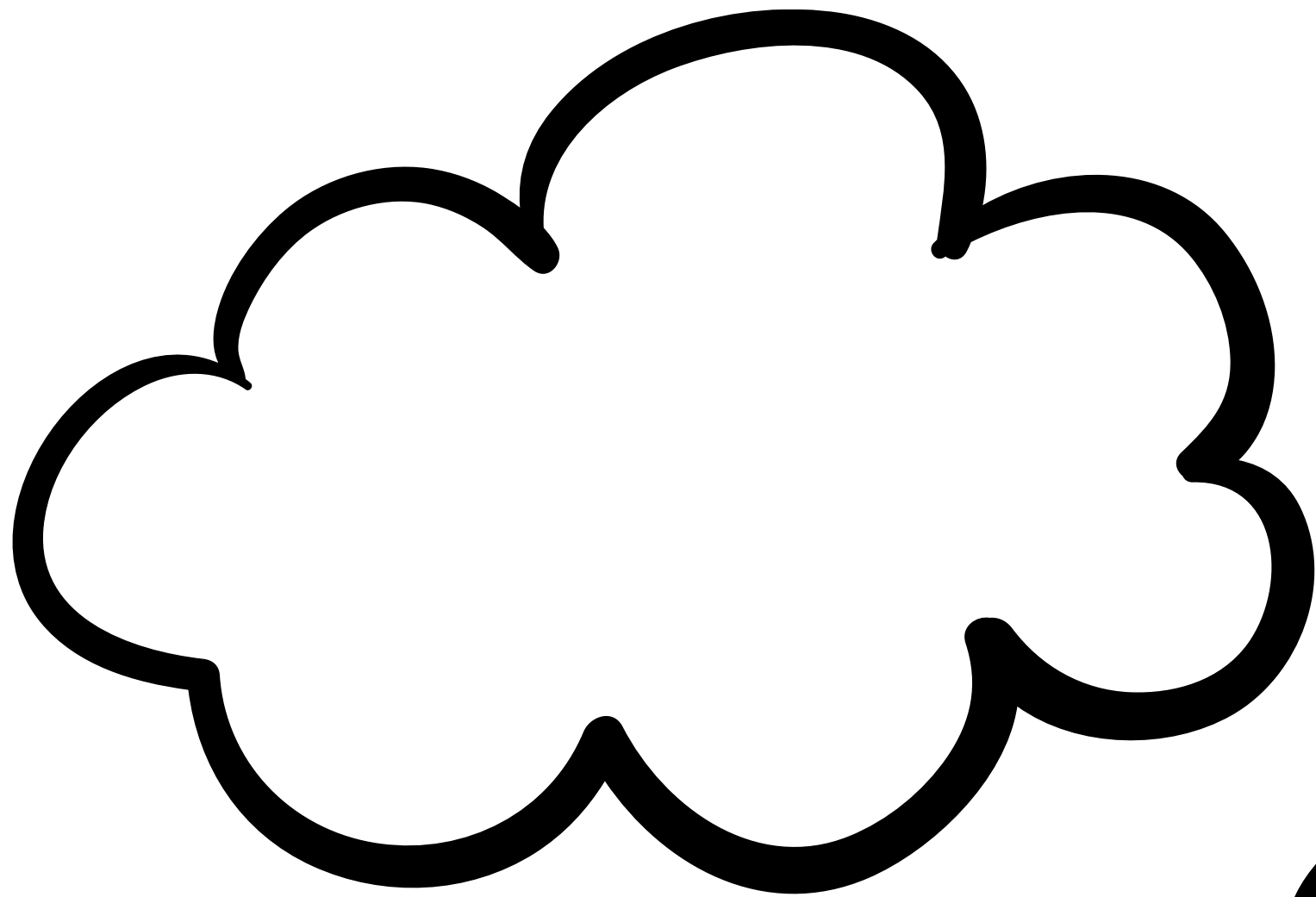


How did Bobby's worry feel in his body?

What was Bobby thinking?



Fill these clouds with your worries





## Keeping track of your worries

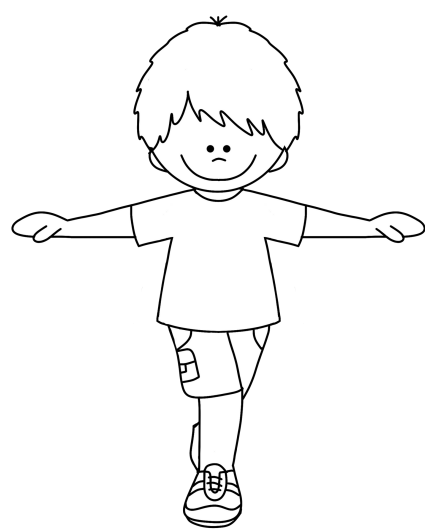
When you feel worried, write it down, this might help you to notice any patterns

My Worry

Where I was:

Time:

How it felt in my body



Dizzy/Light headed  
 Feeling of dread  
 Thoughts racing  
 Sweaty  
 Hot/Cold  
 Clenched Jaw  
 Clenched Fist  
 Headache  
 Tense/tight muscles

Hard to breathe  
 Heart Racing  
 Tingly  
 Stomach in knots  
 Need to go to the toilet  
 Sick  
 Butterflies in stomach  
 Legs feel like Jelly

Other things I felt:

What happened before I felt worried?  
(TRIGGER)

What happened after I noticed the worry?

What strategies did I use to help me feel better?



## Patterns

Each time you have a worry, complete some information below to help see if there are any patterns, and what works best for you. Highlight any patterns you can see.

Location

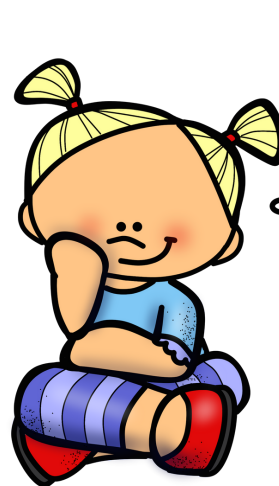
Time

How worry felt in my body?

Strategies I used to stay calm and make myself feel better?

## Let's look at some strategies you can use when feeling worried

There are many different strategies that you can use and just like each person feels worry differently in their body, each person will have different calming strategies that will help them. The key to all of this is practise practise practise. If you aren't practising when you are feeling calm and happy then you will struggle to use these when you are worried



Think happy thoughts.  
This could be I AM  
SAFE, I CAN DO THIS,  
or it could be thinking  
about a happy memory

Squeeze  
something like  
playdough



Take 5 deep breathes

# CALMING Strategies



Have a cold drink or  
wash your face with  
cold water



Listen to music that will make you  
feel calm and happy

Move your body - when we get  
worried our body needs to move to  
get all the stress hormones out of  
our system. Doing some exercise is  
a great way to do this



Talk to a trusted adult