



**GREAT MINDS TOGETHER
COPING WITH ANXIETY
WORKBOOK**

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ACTIVITY 1-ANXIETY LEVELS

Use this worksheet to explore what happens to you as your anxiety increases. Paying attention to your body, thoughts and feelings.

LEVEL 1 what happens when you begin to feel anxious?

LEVEL 2 What happens when you feel more anxious?

LEVEL 3 What happens when you are at your most anxious?

ACTIVITY 2- ANXIETY PREPARATION

When you are going into a situation which you know will cause you to feel anxious, it can be really helpful to be prepared. Before you step into the situation there could be helpful things you can say or do to help you cope if you feel yourself becoming triggered.

WHAT IS THE SITUATION

WHY MIGHT I GET ANXIOUS?

HOW HAVE I HANDLED THE SITUATION BEFORE?

HOW CAN I PREPARE?

HOW WILL I KNOW I'M FEELING TRIGGERED

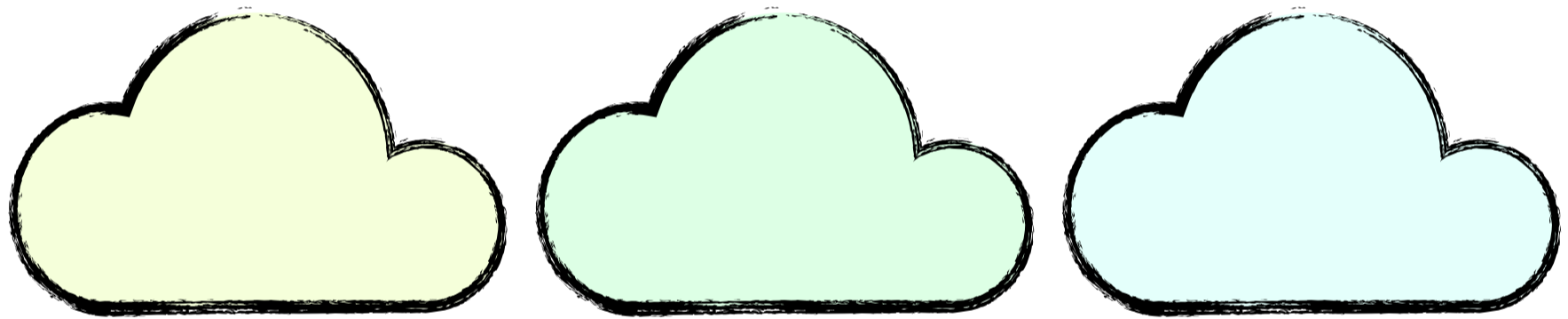
WHAT COPING SKILLS CAN I USE?

ACTIVITY 3- BREAK IT DOWN

Let's break down your anxiety so we can come up with some more coping strategies.

What do I feel is causing my anxiety?

What are some of the thoughts that I am having?



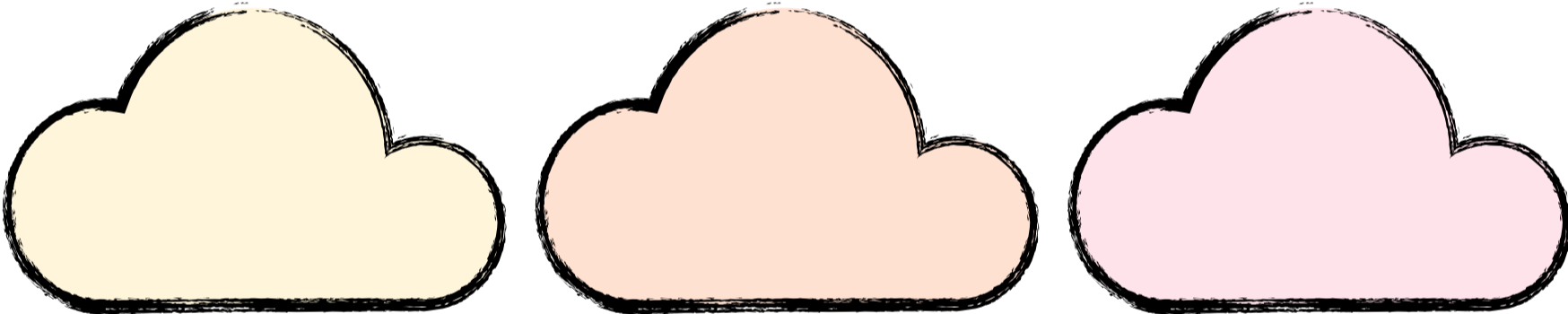
How is my body responding?

What is the worst thing that can happen?

What do I have in my control to stop this from happening?

What can I do to calm my body down?

Write down some positive thoughts to help calm down your mind:



ACTIVITY 4- ANXIETY V TRUTH

When you experience anxiety, your mind can begin to fill with thoughts that aren't always true. Sometimes your brain focuses on the worst possible outcome, these thoughts can make you believe things are worse than they actually are. They can make you believe that you can not cope with something that you are more than capable of coping with!

In the clouds of thought below write down the anxious thoughts that you are feeling or have experienced. Then think about how you can change these thoughts by deciding what is **ACTUALLY** true about the situation.

The form consists of three identical rows. Each row features a hand-drawn cloud outline on the left. A thick green arrow points from the right side of the cloud to the left side of a large, empty rectangular box on the right. The boxes are intended for writing down anxious thoughts and their corresponding truths.

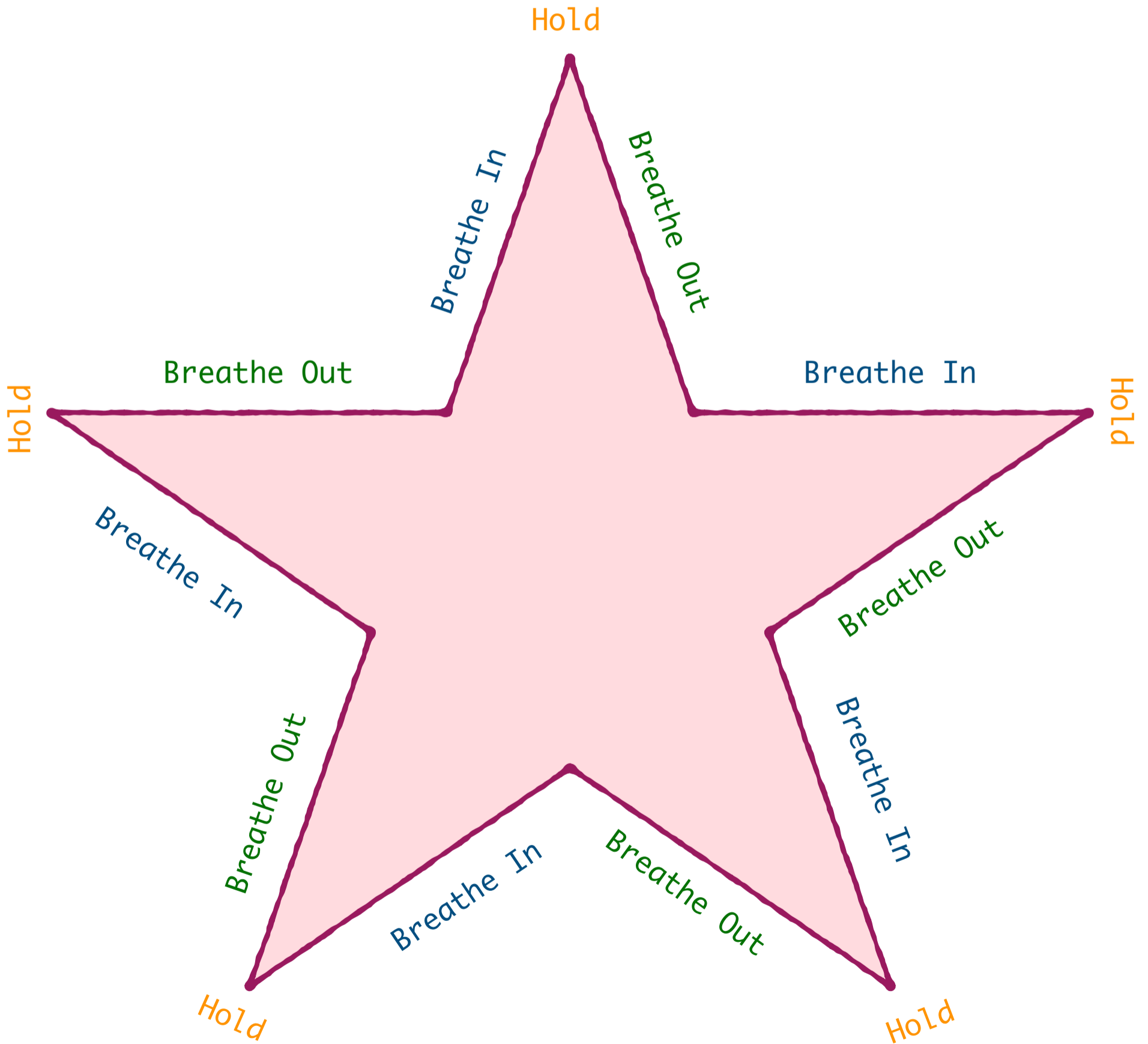
ACTIVITY 5- MY SUPPORT SYSTEM

When combatting anxiety it is really beneficial to have a great support system in place. List below the people who are there to support you and why they made the list. For example are they a good listener? Do they make you laugh?

Name	Why they are special to me

ACTIVITY 6- STAR BREATHING

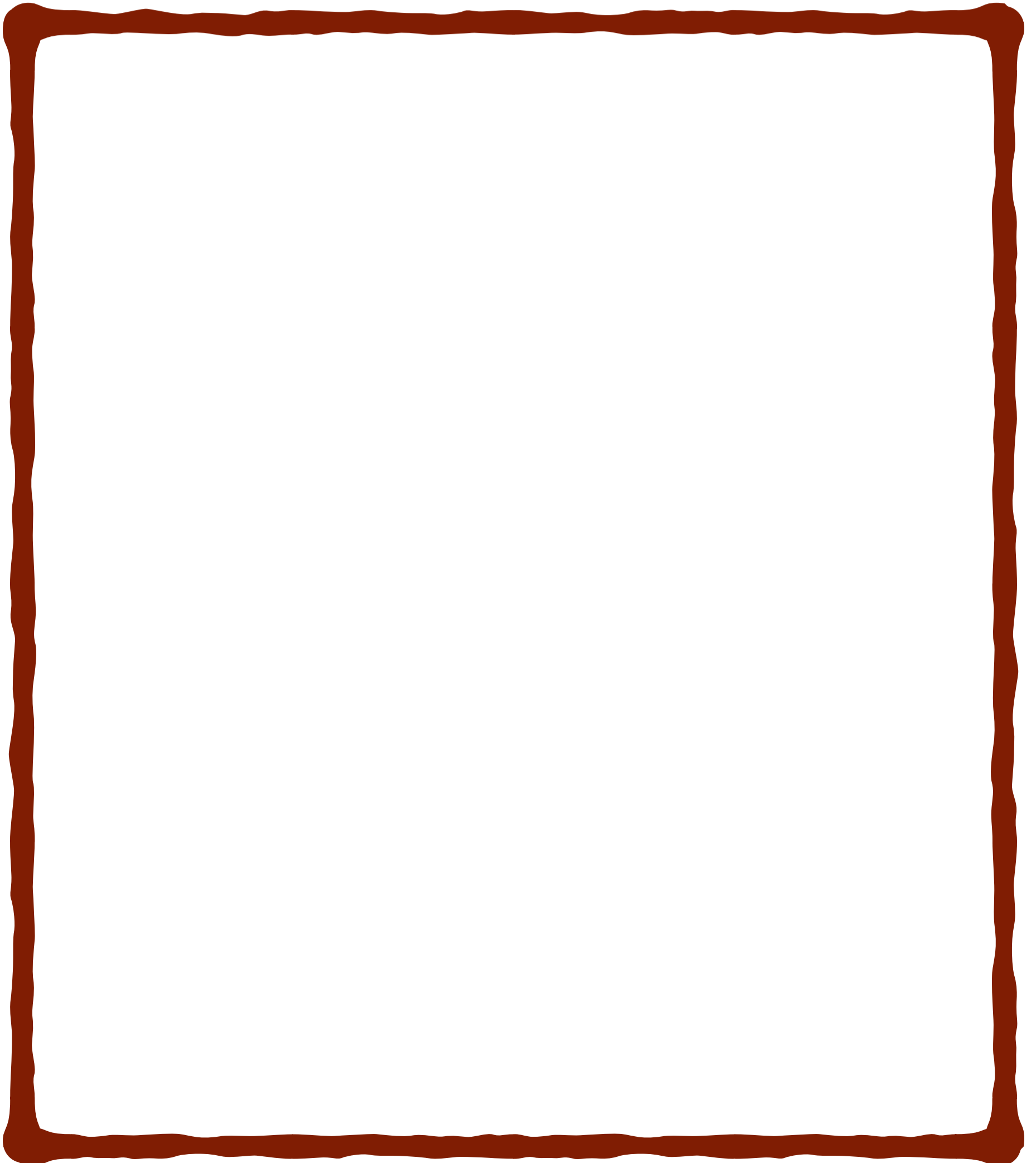
A great tool that we can use to combat the symptoms of anxiety is to take a minute to breathe. Practice the star breathing method below, start off by breathing in and then follow the instructions around the star until you are back at the beginning. How do you feel afterwards?



ACTIVITY 7- I CAN

Think of 5 things you CAN do to combat anxiety. Using the space below draw around your hand and write one thing on each finger. On the palm of the hand write I CAN.

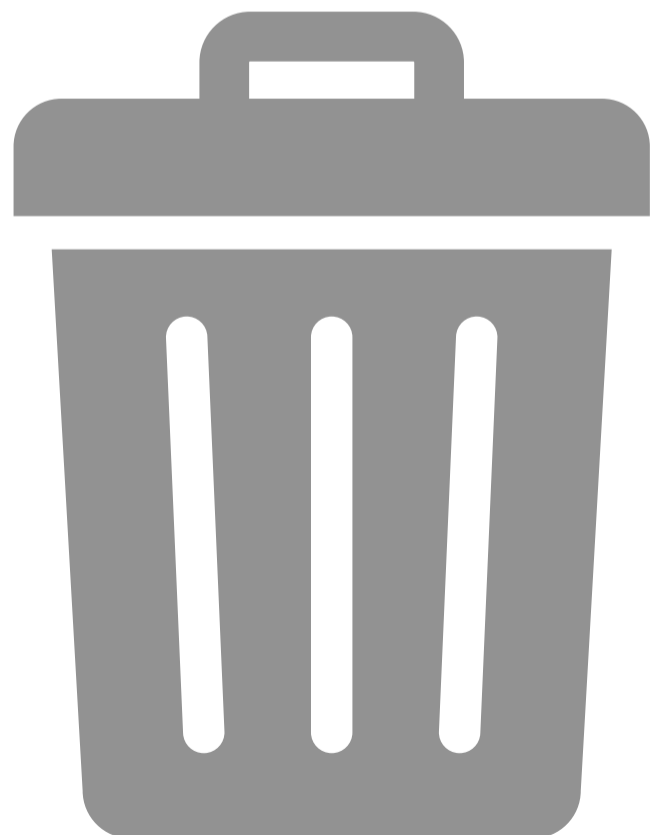
Once you have done this read the 5 things you can do out loud and give yourself a round of applause!



ACTIVITY 7- SORT AND RECYCLE

In the box below write a list of some of the negative thoughts you have been feeling recently

Now read through your list. What negative thoughts and feelings can you resolve using your coping toolkit so that you can 'bin' them off and what thoughts can you 'recycle' and turn into positive mindset mantras?



ACTIVITY 8- ANGER THERMOMETER

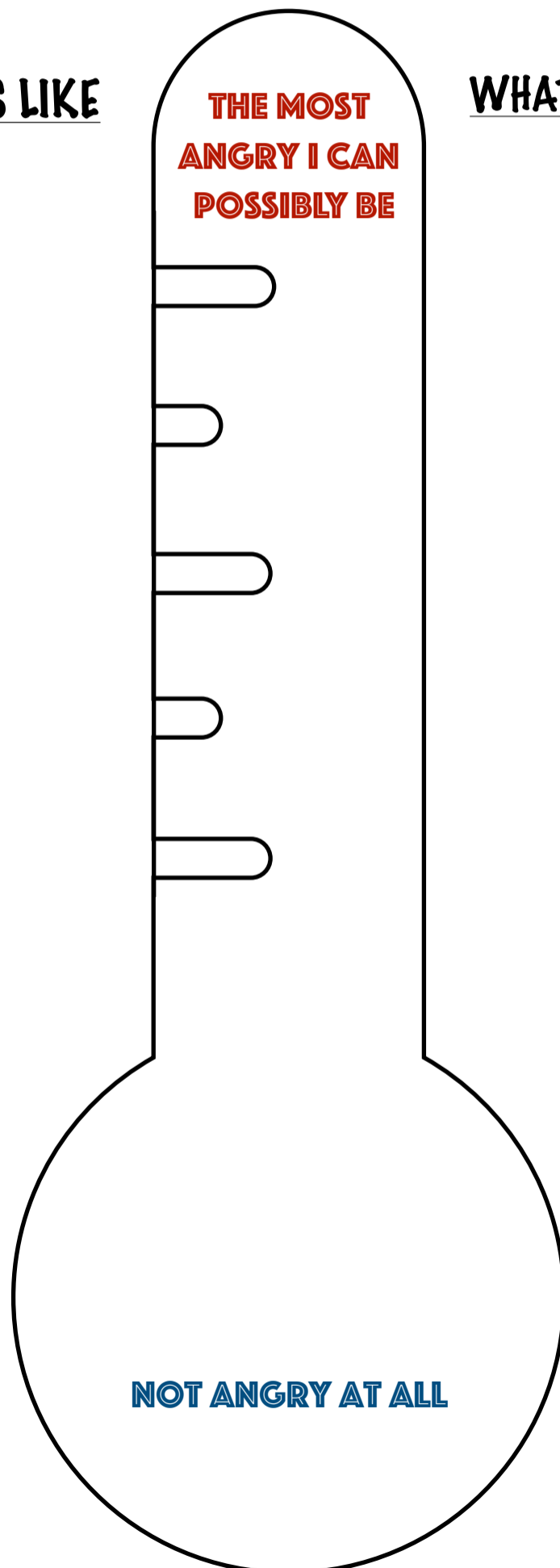
Anxiety can manifest itself as anger. An important 'tool' you can add to your anxiety toolkit is recognising your anger levels and utilising methods to help yourself calm down.

Colour and label the thermometer below to show the different stages of anger that you feel and methods you could use to alleviate your anger

WHAT MY ANGER LOOKS LIKE

THE MOST
ANGRY I CAN
POSSIBLY BE

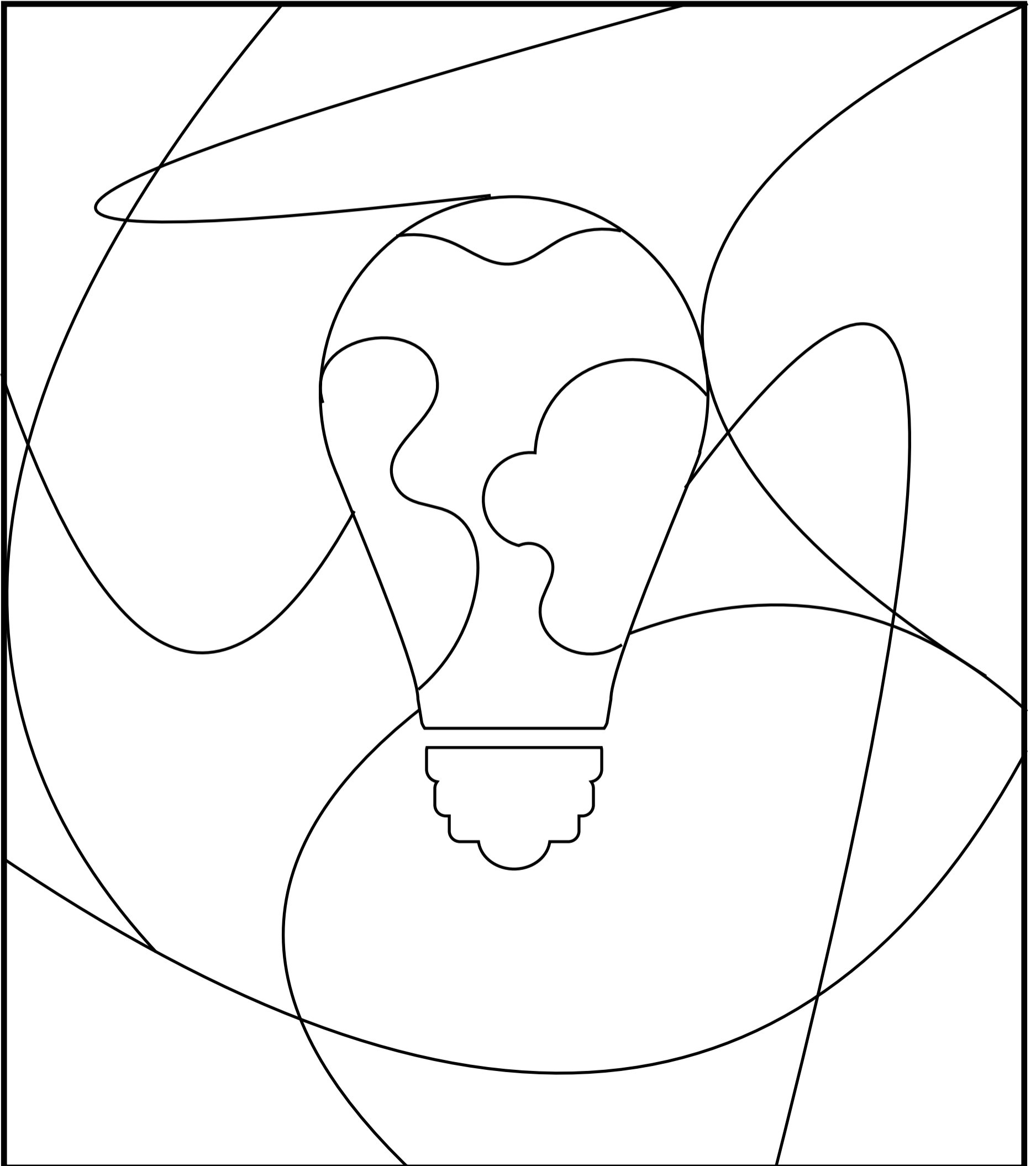
WHAT I CAN DO TO HELP MYSELF



ACTIVITY 9- COLOUR AND RELAX

It is important when you feel anxious to try and relax, sometimes this feels impossible to do.

A great way to help your body and mind relax is to take some time to yourself to simply colour in. Colour the image below and add in some positive mindset language to finish it off!



ACTIVITY 10- MINDFULNESS MEDITATION

Meditation is a great tool to use to keep your anxious thoughts and feelings at bay. During mindfulness meditation you will focus mostly on your breathing and how to use this as a tool to ground yourself and be focused on the present. It's absolutely normal for your mind to wander whilst you are meditating but you can bring yourself back to the present by refocusing on your breathing.

How to meditate:

(it may be best if you allow someone to read the instructions aloud to you so that you can concentrate)

- 💡 Take between 15 - 30 minutes to work on your meditation.
- 💡 Sit in a chair or on the floor, you may want to use a cushion for support
- 💡 Try to keep your back straight but don't make yourself stiffen up
- 💡 Relax your neck allowing your chin to drop slightly
- 💡 Pick a point across the room to focus on or close your eyes
- 💡 If you are in a chair place your feet flat on the ground, if you are sat on the floor cross your legs
- 💡 Let your arms fall naturally to your sides, with your palms resting on your thighs
- 💡 If you become uncomfortable you can adjust yourself accordingly
- 💡 Now focus on your breathing, breathe in through your nose and out through your mouth
- 💡 Notice the sensation of air as it passes through your nose and mouth, think of the rise and fall of your belly as you breathe in and out

Continue doing this for as long as you feel comfortable. At first you may feel silly but the more you practise the, more comfortable you will feel with meditation.

ACTIVITY 11- 5,4,3,2,1

The 5,4,3,2,1 technique is a calming technique which takes you through all 5 senses, it can be used to help you through difficult or stressful situations.

Take a deep breath before you begin: Then write down 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste



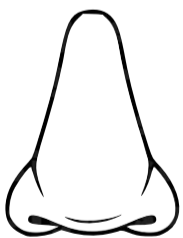
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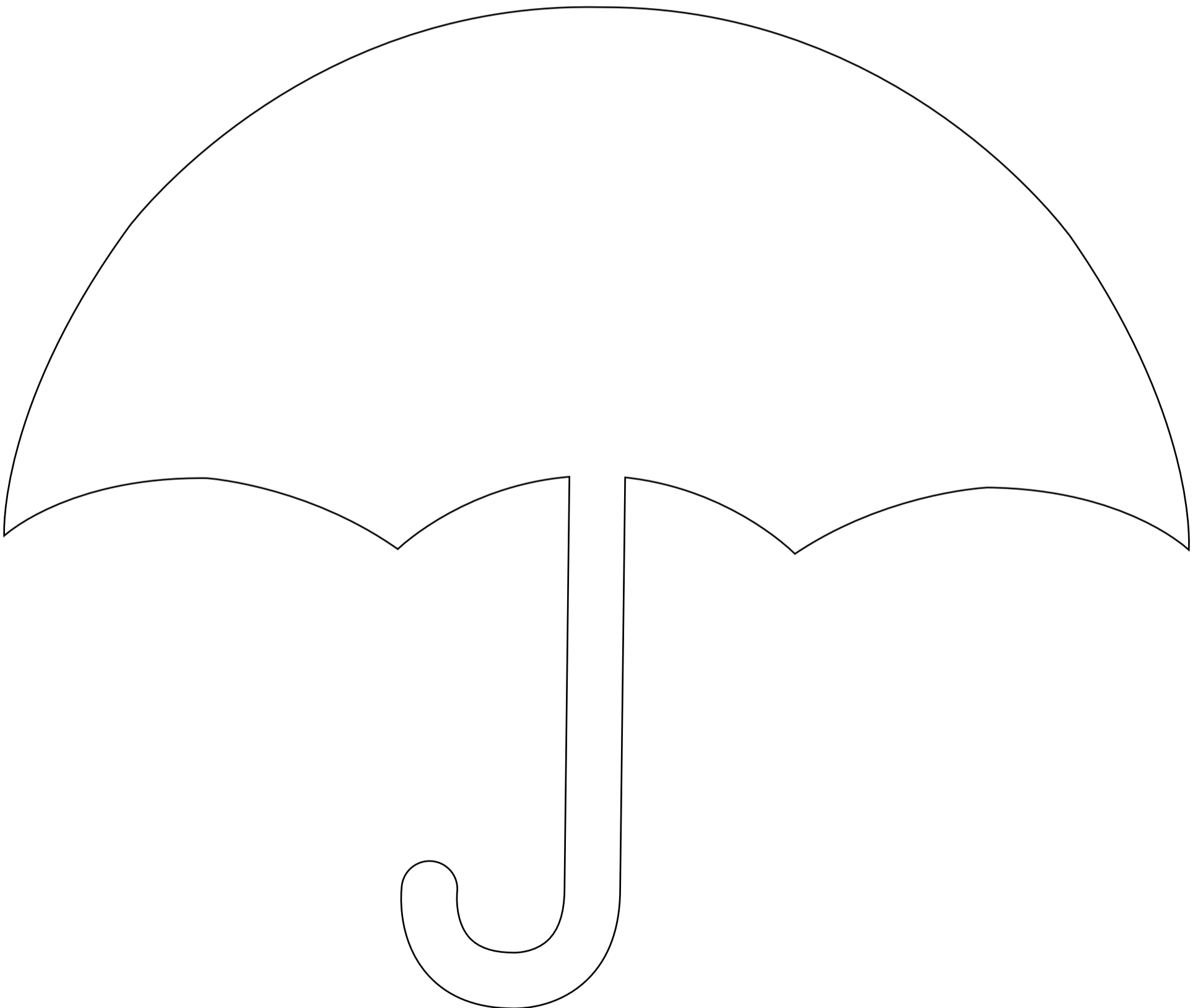


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ACTIVITY 12- UMBRELLA

Coping strategies are like a stress umbrella. They help protect us from stress which comes in our direction. We may still feel a little bit stressed but we know that with our protection we will be able to handle it.

Design and colour your stress umbrella below



ACTIVITY 13- POSITIVE AFFIRMATIONS

Self talk is the inner voice that we all use to encourage and reassure ourselves to complete tasks. A positive voice can make an enormous difference in making us feel more confident about ourselves. From the table below highlight your 5 favourite positive thoughts and read them aloud. How can you use these to encourage yourself to overcome your anxieties?

- | | |
|--|--|
| 1. I am kind | 21. I have people who respect me |
| 2. I am enough | 22. Today I choose to be confident |
| 3. I am improving every single day | 23. I believe in myself and my abilities |
| 4. There is no one i'd rather be other than me | 24. Good things are going to come to me |
| 5. I am an amazing person | 25. I love myself |
| 6. All my problems have solutions | 26. It's ok not to know anything |
| 7. I am proud to be me | 27. I give myself permission to make choices |
| 8. I deserve to be loved | 28. I will step outside my comfort zone |
| 9. I am in control of my own actions | 29. I will walk through my fears |
| 10. Today I am choosing to be positive | 30. I am open minded |
| 11. Challenges help me grow | 31. I am ready to learn |
| 12. I can take positive risks | 32. Every day is a fresh start |
| 13. I can get through anything | 33. I matter |
| 14. I will only compete myself to myself | 34. I forgive myself for my mistakes |
| 15. Today is going to be an awesome day | 35. I can make a difference |
| 16. I can do anything that I put my mind to | 36. I have people who love and respect me |
| 17. I will try harder next time | 37. I am a beautiful person |
| 18. With practise I can improve | 38. I will do better next time |
| 19. I am whole | 39. I deserve happiness |
| 20. I can be a leader | 40. Today I am a leader |

ACTIVITY 14- DECATASTROPHISING

Everyone occasionally has irrational thoughts that have the power to influence how you feel, these are called COGNITIVE DISTORTIONS. Everybody has some of these thoughts but when you have too many of these these thoughts too often, they can be harmful.

One of the most common types of cognitive distortion is catastrophising. This is where a problem is exaggerated to the point where you think that only the worst possible outcome will come true. By decatastrophising and evaluating your own thoughts you are able to fix these irrational thoughts.

Let's try some decatastrophising below:

What are you worried about?

How likely is it that your worry will come true?

If it does come true, what's the WORST that could happen?

If it does come true what is MOST LIKELY to happen?

If it does come true, what are the chances you will be ok in...

1 week? _____?

1 month? _____

1 year? _____

ACTIVITY 15- CHALLENGING ANXIOUS THOUGHTS

Anxiety doesn't always have to be an unhealthy emotion. It can actually make us look into our problems and work hard to figure out how to solve them. Anxiety becomes an unhealthy emotion when it gets out of control, it does the opposite from helping us figure out our problems and makes us feel useless. Irrational thoughts often play a big role in this.

Below we will practise catching our irrational thoughts and replacing them with alternatives which are a lot more rational. If you practice this enough, you can make this a natural way to help manage your anxiety.

Describe a common situation which can trigger your anxiety (for example having to do a presentation in class):

Describe the best outcome: _____

Describe the worst outcome _____

Describe the most likely outcome _____

If the worst did happen, would it still matter:

One week from now? _____

One month from now? _____

One year from now? _____

Using your worst 'worst outcome' and 'likely outcome' from the above, describe your :

irrational
thought _____

rational
thought: _____

ACTIVITY 16- CHALLENGING ANXIOUS THOUGHTS

Part 1

Read the scenarios below and identify the possible feeling which may result from them

Scenario 1: You've had a really difficult day at school where you've found that your lessons have been very challenging. You arrive home to find that your brother has borrowed your favourite white top that you were planning to wear to a party that night, wrecked it and left it on your bedroom floor.

A) You say to yourself:

Possible feelings

'WHAT THE HECK?!' I've had such a tiring day and now I come home to this! All he cares about is himself the selfish brat. I'm going to go and kick off with him.

B) You say to yourself:

Possible feelings

I've told him a thousand times to ask me if he wants to borrow my clothes and he never listens to me. Does he not respect me or am I the worst sibling in the world.

Scenario 2:

One evening your parents take you to your aunties house. When you get to her house your parents tell you to go in whilst they go and find somewhere to park as there's cars all round. As you are walking towards the house, it seems like there is no one in. You notice that it's all dark and the door is slightly open. As you walk into the house all of the lights come on and all your friends and family shout surprise and begin to sing happy birthday to you.

A) You say to yourself:

Possible feelings

What a lovely surprise, I can't believe everyone remembered my birthday. Everyone must really love me to throw me such a fab party!

Part 2

Read through the scenarios and fill in the quotes to match the feelings

Scenario 1:

You arrive home to find a note from your dad telling you that they have had to go away for a few months with work and they had to leave immediately. You look around and notice that a lot of your dad's stuff has gone.

A) You say to yourself:

Feelings:

Angry

B) You say to yourself:

Feelings

Hurt

Scenario 2:

You get home from school in a good mood and decide that you will cook dinner for your mum and dad. As you're just about to finish cooking your parents ring to say that they have to work late and will not be home in time for tea.

A) You say to yourself:

Feelings:

Disappointed

B) You say to yourself:

Feelings

Concerned

ACTIVITY 17- ANXIETY SYMPTOMS

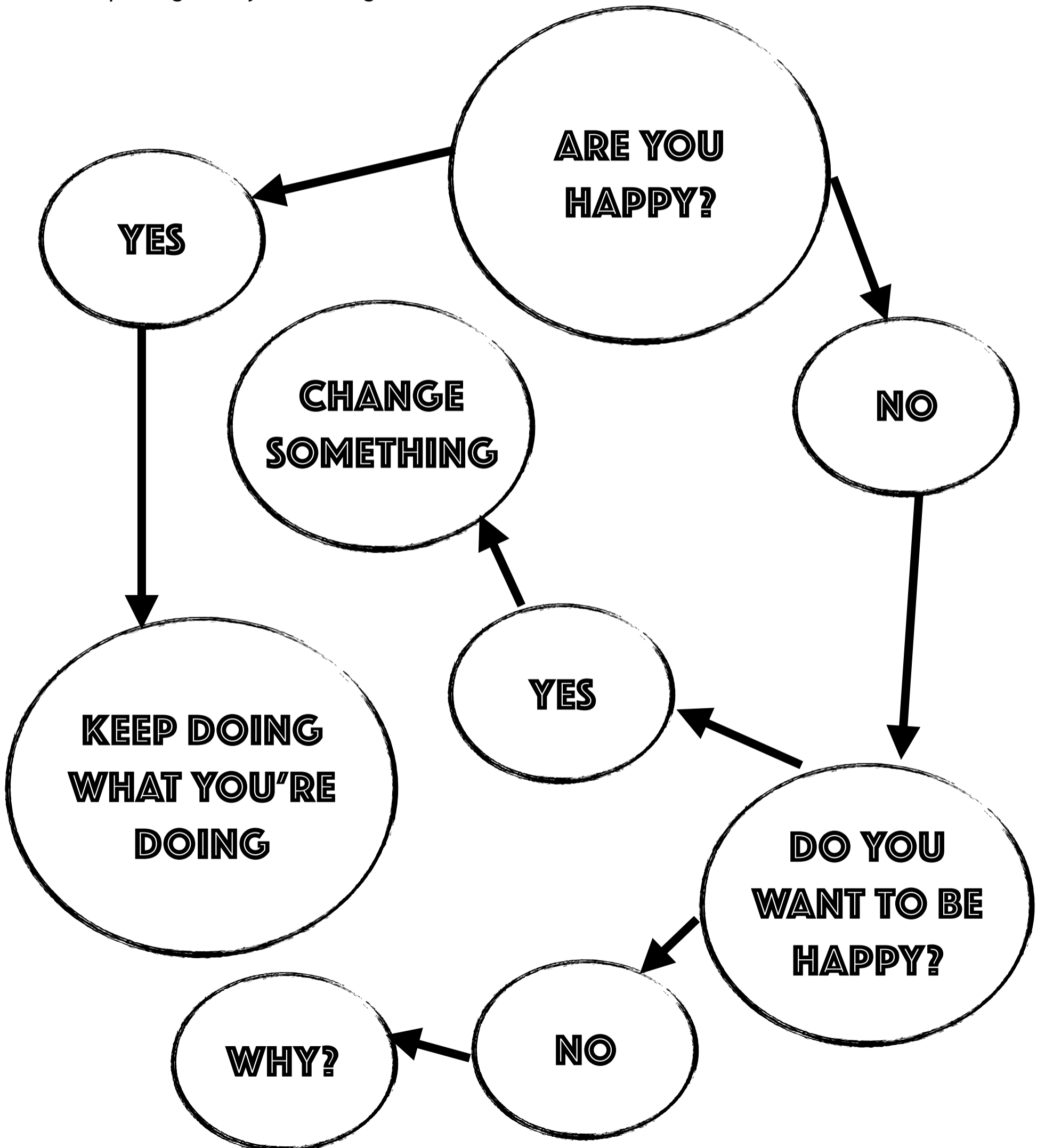
Anxiety symptoms are usually grouped into 3 categories. Some symptoms can be somatic (physical), some can be cognitive (thoughts and responses) and some can be behavioural.

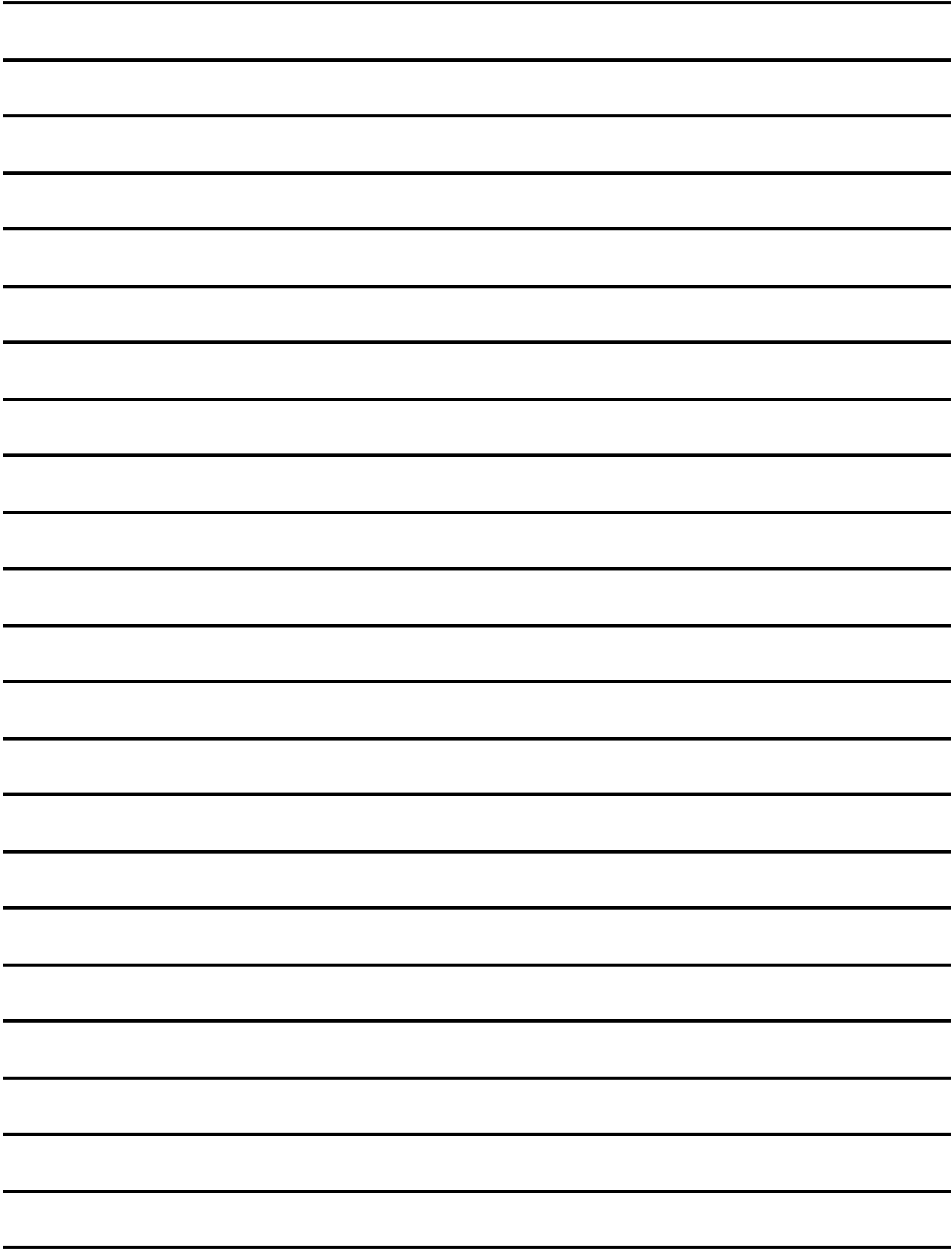
List your symptoms in the table below, do you notice that your symptoms all seem to be coming from the same category or are they spread? Knowing how your symptoms manifest can help with knowing how to combat them.

Somatic	Cognitive	Behavioural

ACTIVITY 18- ARE YOU HAPPY?

Use this flow chart to make positive changes to ensure your happiness, colour it in the happiest most colourful way you can! If you get to the WHY circle write below your reasons why on the sheet below, try to rationalise them and then start again until you can get to 'keep doing what you're doing'.





ACTIVITY 20- NOW

'If you want an explanation for your present, look at your past. If you want to know your future look at the present'

N - Notice

O - Observe

W - Wise Mind

The NOW technique can be used to ground yourself and keep yourself in the present when you feel that your mind is racing away from you. Let's try this below:

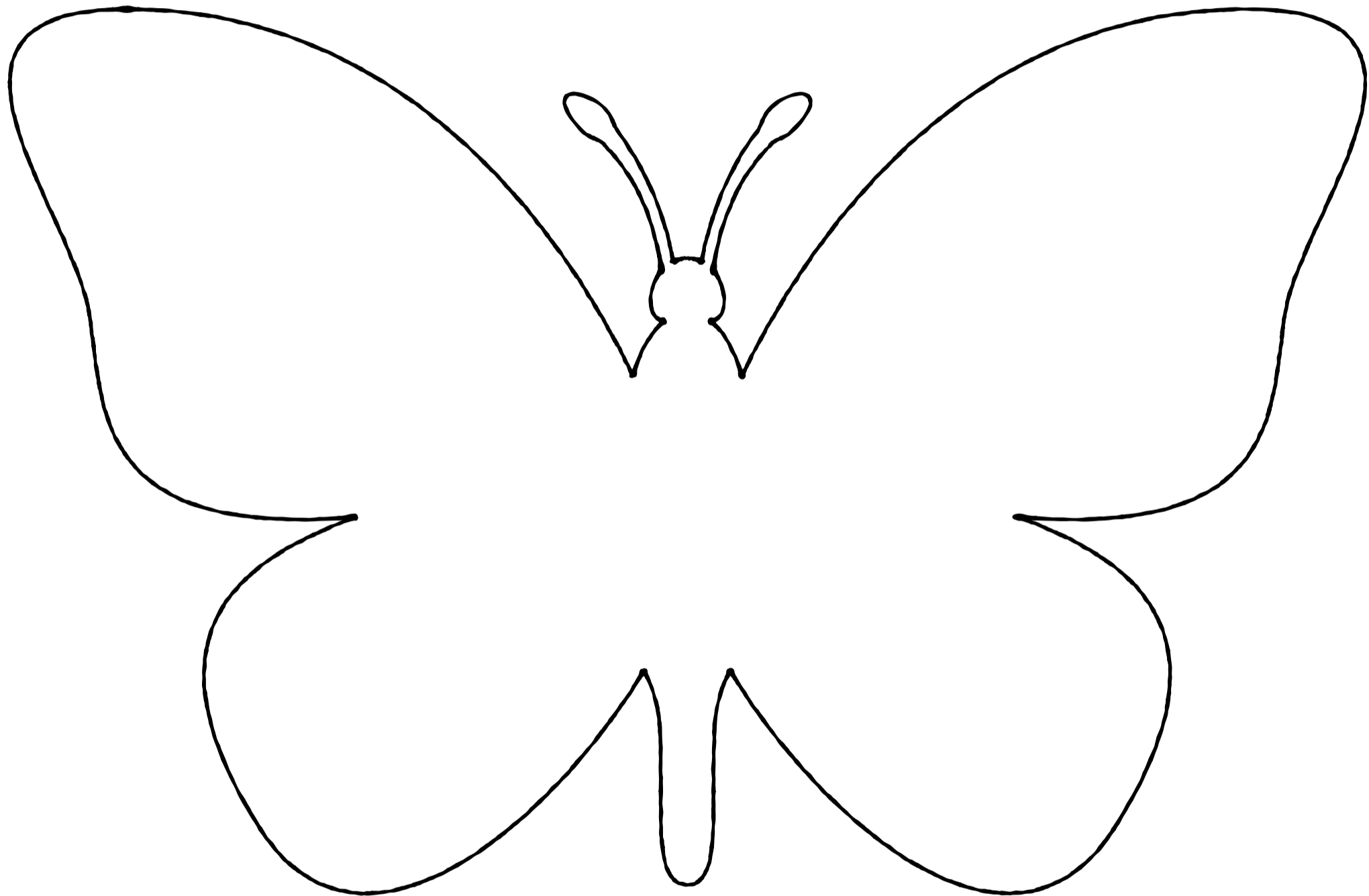
Notice: Where is my attention? What am I thinking about right now?

Observe: What am I doing? Do you notice any sensations in your body?

Wise Mind: What now? How should I continue? What can I change?

ACTIVITY 21- BUTTERFLIES

What gives you the butterflies? In the upper wings write what gives you the 'butterflies'. In the lower wings write down what you can do to combat them. Once you've done that, colour in the butterfly in the most beautiful, unique way!



ACTIVITY 21- MINDFULNESS MINUTE

Take a minute to colour this mindfulness page, let your mind completely relax!



ACTIVITY 22- POSITIVE AFFIRMATIONS WORDSEARCH

B	V	P	N	F	R	I	E	N	D	S	E	V	N
E	Y	W	E	I	C	A	H	S	S	R	P	P	A
L	C	W	I	Y	O	L	K	E	R	D	S	P	B
I	C	A	N	R	P	L	O	V	E	S	W	E	I
E	G	I	W	T	I	I	E	R	L	W	O	R	K
V	E	I	E	G	N	I	S	I	S	I	R	E	R
E	E	Y	E	S	G	P	N	I	O	H	K	N	G
A	P	C	L	G	G	A	E	H	T	A	E	R	B
R	T	A	L	A	E	V	I	T	I	S	O	P	R
P	O	L	E	V	E	D	S	O	R	W	V	I	A
P	O	E	E	G	N	A	H	C	T	E	S	E	G
Y	L	I	M	A	F	S	C	H	H	E	L	P	N
P	S	R	E	W	O	P	E	O	N	O	H	L	O
T	O	B	R	S	S	E	N	I	P	P	A	H	V

Coping

Growth

Help

Power

Love

Believe

Try

Develop

Breathe

Positive

Happiness

Friends

Change

I Can

Work

Work

Family

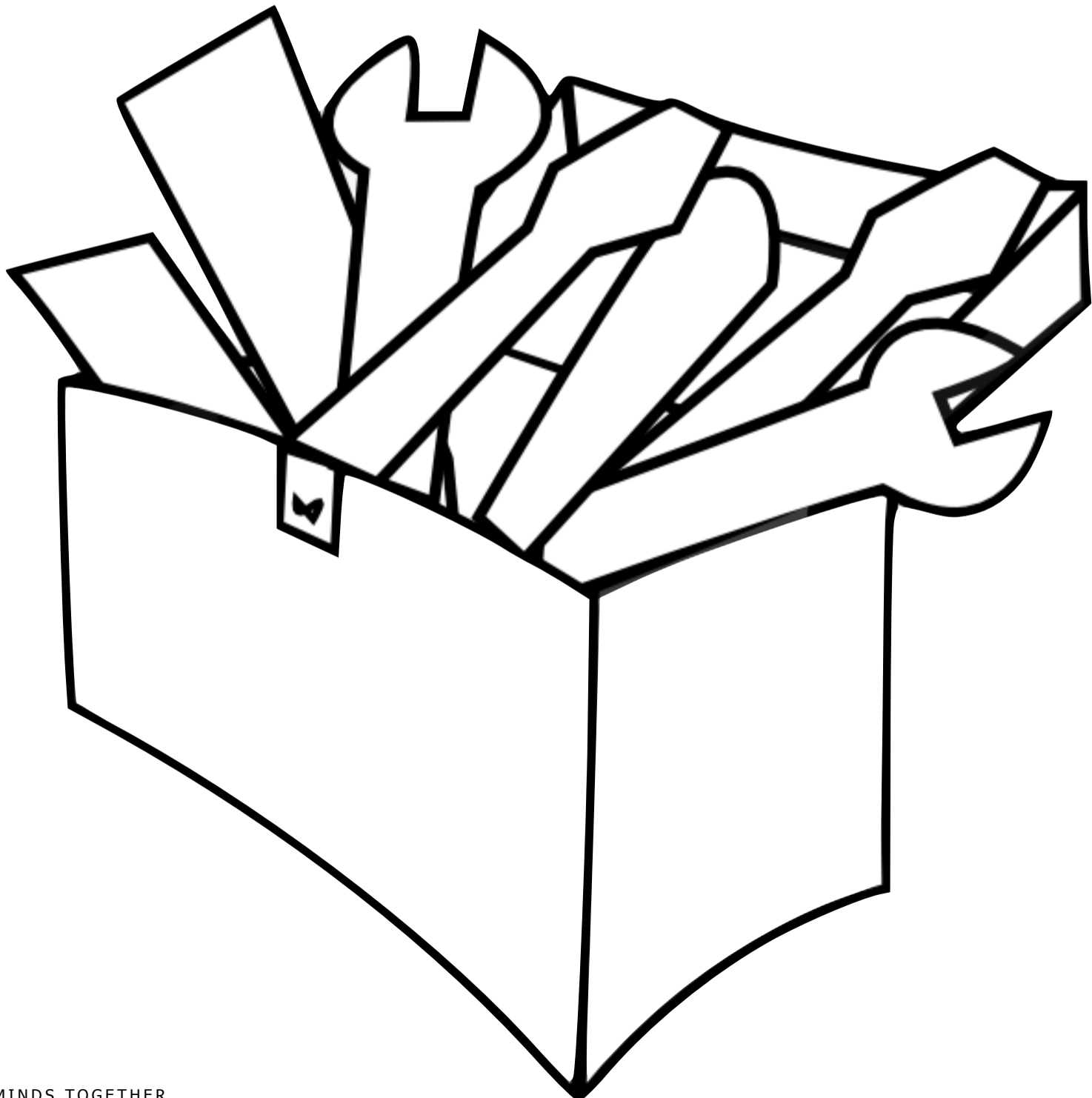
Tools

REFLECTION

You've now come to the end of our anxiety workbook!

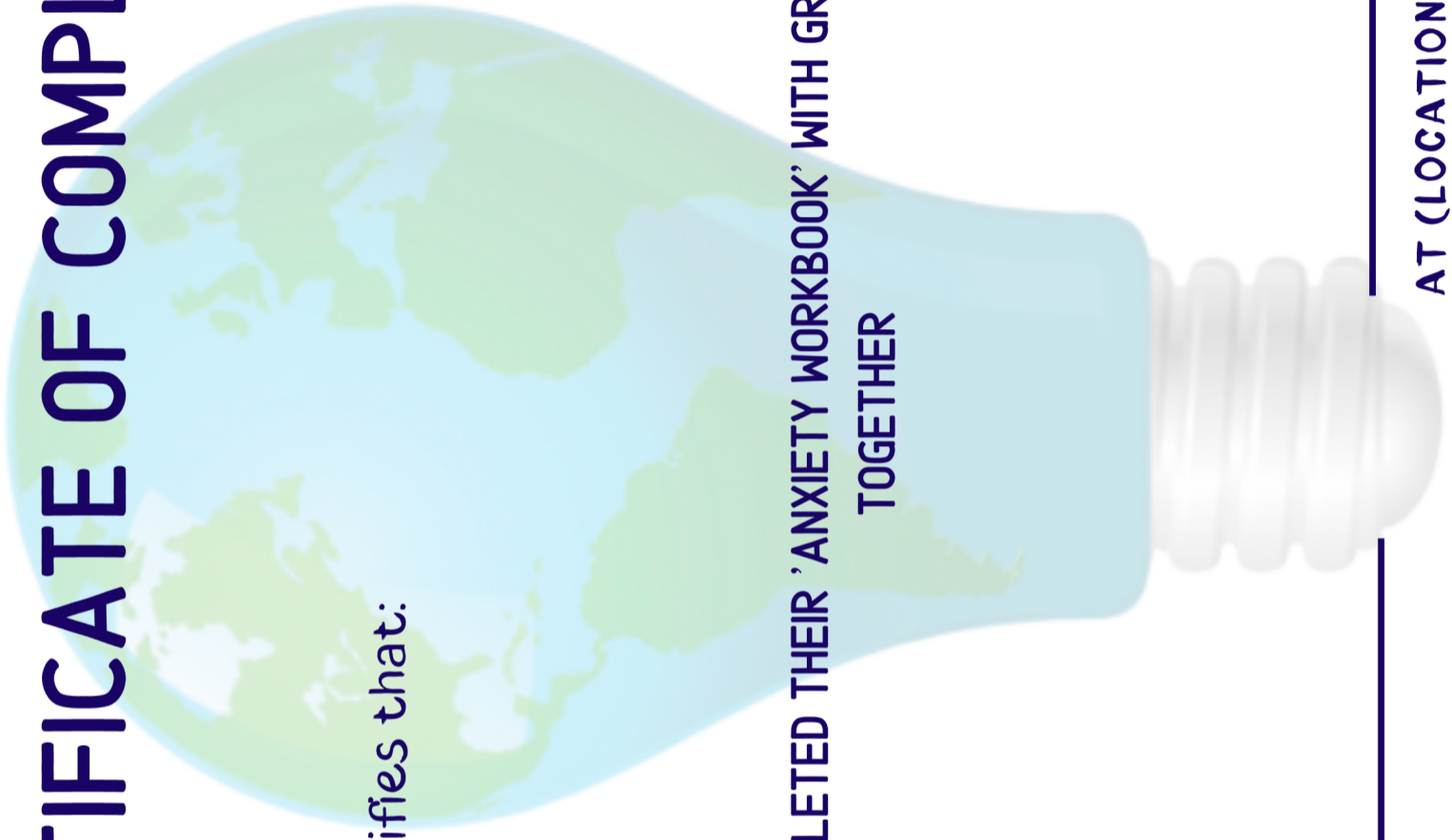
Take some time to reflect on everything you have learnt from completing this book, what coping tools can you add to your tool box?

Write them on the lines and in the toolbox below:



CERTIFICATE OF COMPLETION

This certifies that:



HAS COMPLETED THEIR 'ANXIETY WORKBOOK' WITH GREAT MINDS
TOGETHER

ON (DATE)

AT (LOCATION)