



When I feel **WORRIED**

My anxious and worried triggers are:

This is how my body looks:

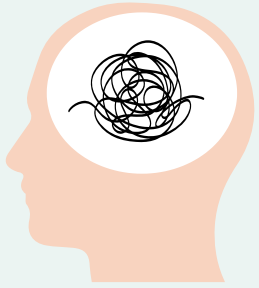
My body responds by:

The opposite of feeling worried is:

This is how my body feels:



Things I can do to help myself feel more calm and safe:



CHALLENGING NEGATIVE THOUGHTS

AM I OVER REACTING AND MAKING
ASSUMPTIONS?

IS MY WORRY BASED ON EMOTIONS
RATHER THAN LOGICAL THINKING?

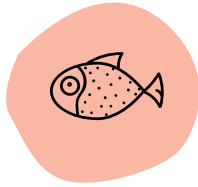
ARE THERE ANY OTHER POSSIBLE
OUTCOMES?

IS THERE ANY EVIDENCE FOR
THIS WORRY?

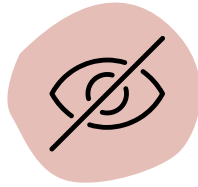
HAVE I OVERCOME THIS WORRY
BEFORE?

IS THIS WORRY IN OR OUT OF MY
CONTROL?

HOW TO RECOGNIZE ANXIETY IN YOURSELF AND OTHERS



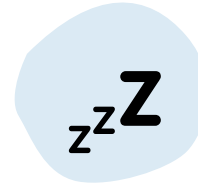
Memory
issues



Avoidance



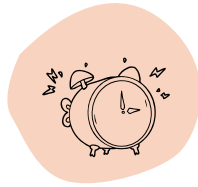
Headaches



Insomnia



Needing
reassurance



Procrastination



Rapid
heartbeat



Lack of
patience



Overthinking



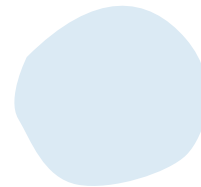
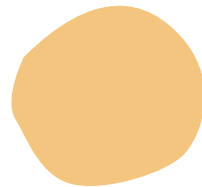
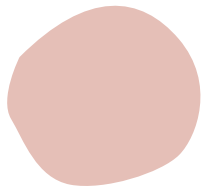
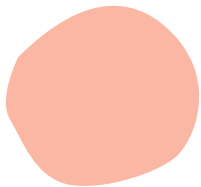
Sweating



Stomach
issues



Constant
worrying



NUTRIENTS THAT CAN IMPROVE MENTAL HEALTH

AND HOW TO ACCESS THEM

Vitamin D

The sunshine
vitamin

- Salmon
- Herring and sardines
- Cod liver oil
- Canned tuna
- Egg yolks

Zinc

Zinc is an
essential nutrient
that the body
can't produce

- Meat
- Shellfish
- Legumes
- Seeds
- Nuts

Vitamin C

Vitamin C is linked
to stronger immune
systems and lower
anxiety

- Guava
- Tomato juice
- Orange juice
- Strawberries
- Pink grapefruit juice

Omega 3

Helps form the
structure in your
cells

- Mackerel
- Salmon
- Cod liver oil
- Herring
- Oysters

Vitamin B

The fuel that
gives our brain
cells energy

- Milk
- Cheese
- Eggs
- Red meat and chicken
- Dark green vegetables

Iron

A lack of iron can
cause tiredness,
headaches and
dizziness

- Seafood
- Beans
- Red meat, pork
and poultry
- Iron-fortified cereals,
breads and pastas

HAPPY CHEMICALS

AND HOW TO ACCESS THEM

Dopamine

THE REWARD CHEMICAL

- COMPLETING A TASK
- EATING FOOD
- DOING SELF-CARE ACTIVITIES
- CELEBRATING SMALL WINS
- ACHIEVING GOALS

Oxytocin

THE LOVE HORMONE

- PLAYING WITH A PET
- PHYSICAL AFFECTION
- GIVE A COMPLIMENT
- DO SOMETHING NICE FOR SOMEONE
- HUGGING YOUR FAMILY

Serotonin

THE MOOD STABILIZER

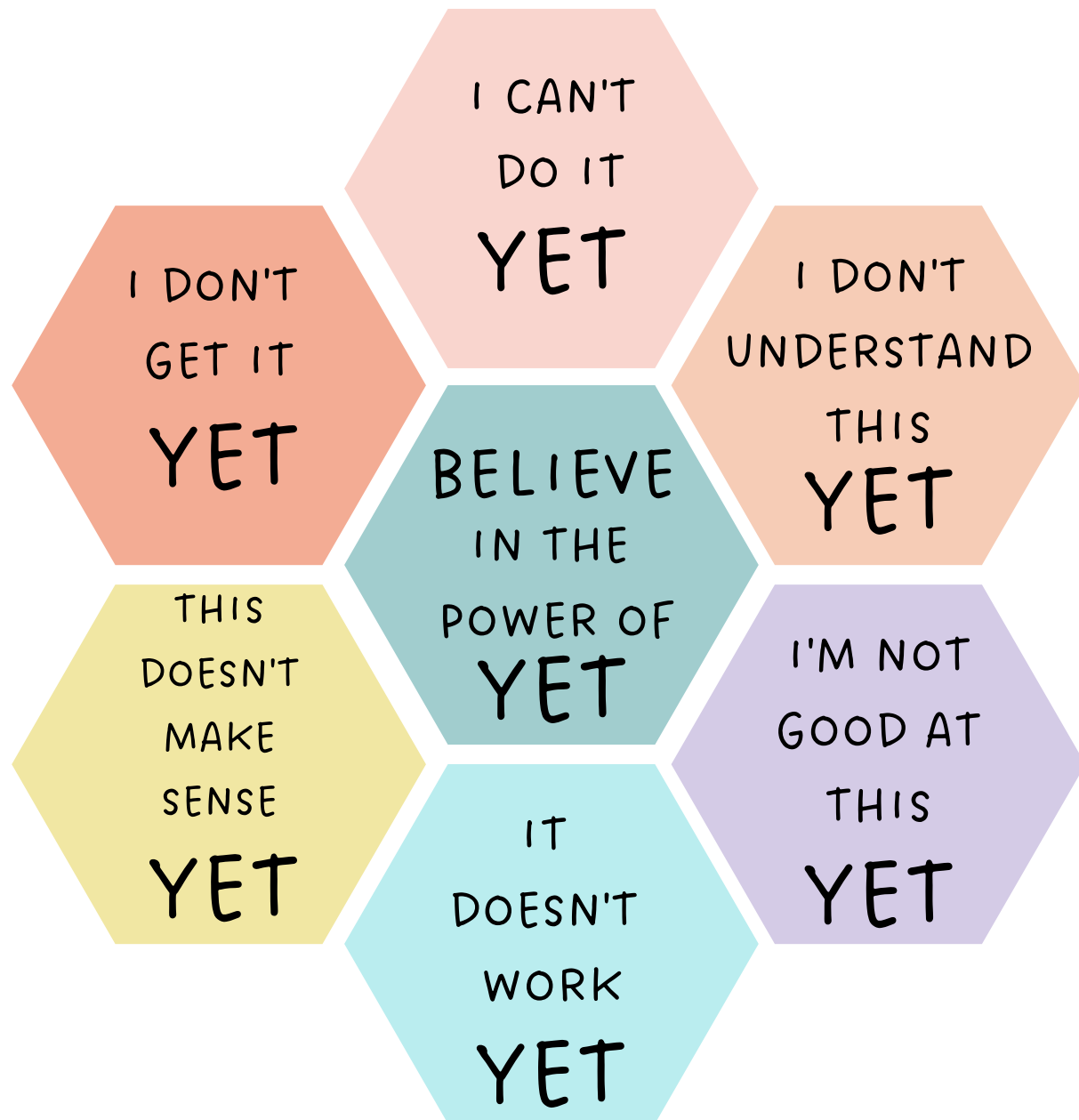
- MEDITATE
- SWIMMING
- WALK IN NATURE
- SPEND TIME IN THE SUN
- MINDFULNESS ACTIVITIES

Endorphin

THE PAIN KILLER

- LAUGH
- WATCH A FUNNY MOVIE
- EAT DARK CHOCOLATE
- ESSENTIAL OILS
- EXERCISE

THE POWER OF YET



WORRIES

A worry is a feeling of unease, fear, or nervousness when thinking about unpleasant things. It is a type of thinking, often about something that might happen in the future, leaving you feeling frightened, nervous, or anxious. Some people call it worries, anxiety, or stress.

People that worry a lot often feel very nervous about the potential dangers of what could or might happen in certain situations.

A worry can be a specific thought that makes you feel nervous, such as "what if I make a mistake during my drama play and everyone laughs at me" or it can be a more general feeling that you get, such as getting butterflies in your tummy or feeling sick even though you're not sick.

Worry is a normal feeling and can serve us well in several situations. For example, worrying about a math test can help us study more, or worrying about a sports game can help us prepare better and perform well. However, when we worry too much, and it starts to interfere with things in our everyday life, then it is not good, and we need some special tools and tips to help us overcome our anxious feelings.



Everybody experiences worries; however, if you are starting to feel worried more often or can't seem to stop thinking about your concern and it is leaving you feeling upset, then this mini book will help you manage your worries so that they don't bother you anymore.

Just move through this booklet at your own pace, listen to your body, and please speak up if you feel uncomfortable about any of your feelings because talking always helps.

KEEP IT POSITIVE

Our thoughts control how we feel about ourselves. Negative thoughts make us feel down, while positive thoughts make us feel good. Sometimes our negative thoughts are ingrained in us and can happen automatically. But we can still make a conscious effort to reframe our thinking.

TRIGGER/EVENT - WHAT HAPPENED	AUTOMATIC THOUGHT	NEW THOUGHT

ANXIETY TRIGGERS

WHEN THIS HAPPENS

THIS IS WHAT I THINK

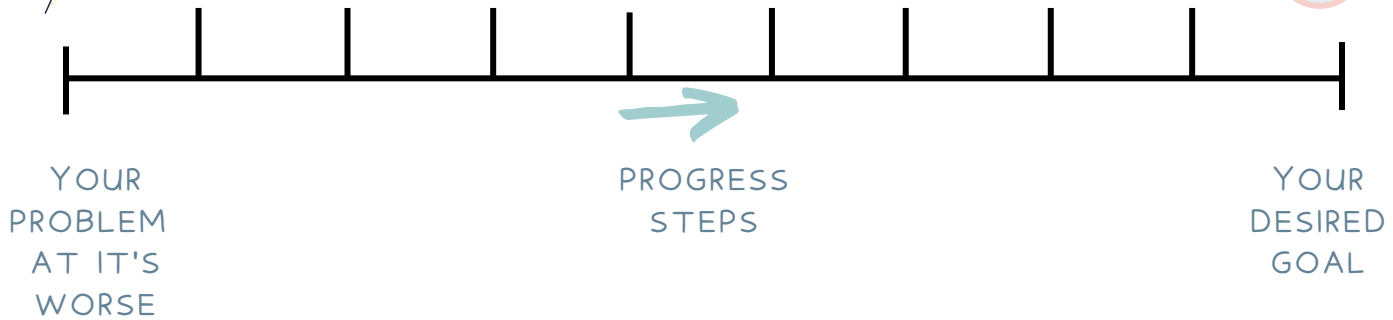
THIS IS WHAT I FEEL

WHAT I CAN DO IN THIS EVENT TO REDUCE MY ANXIETY



SCALING QUESTIONS

A SCALE FROM 1 TO 10, , WITH 10 REPRESENTING THE BEST IT CAN BE AND 1 THE WORSE.



WHAT IS YOUR DESIRED GOAL OR MIRACLE?

WHERE WOULD YOU RATE YOURSELF ON THE SCALE IN TERMS OF HOW CLOSE YOU ARE RIGHT NOW TO REACHING THAT GOAL?

WHAT DO YOU NEED TO DO TO HELP YOURSELF MOVE UP THE SCALE?

WHAT STRENGTHS AND SKILLS DO YOU HAVE TO HELP YOURSELF MOVE UP?

WHAT HAVE YOU LEARNED FROM SUCCESSFUL PAST EXPERIENCES THAT COULD HELP YOU?



PUTTING THOUGHTS ON TRIAL

HOW ACCURATE IS YOUR THOUGHT?

THE THOUGHT



WHAT IS MY WORRY OR THOUGHT?

THE DEFENCE



WHAT EVIDENCE DO I HAVE THAT
MY THOUGHT IS TRUE?
FACTS, NOT OPINIONS

THE PROSECUTION



WHAT EVIDENCE DO I HAVE THAT
MY THOUGHT IS NOT TRUE?

THE JUDGE'S VERDICT



WHEN I EXAMINE ALL OF THE EVIDENCE, BASED ON THE FACTS, CAN I
DECIDE WHETHER MY THOUGHT IS LIKELY TO COME TRUE OR UNLIKELY?



WHAT IF?.....

OFTEN WHEN WE HAVE AN ANXIOUS THOUGHT, WE ATTACH IT WITH "WHAT IF. " FOR EXAMPLE, "WHAT IF I FAIL MY TEST" "WHAT IF THE DOCTOR HAS BAD NEWS, " AND "WHAT IF I'M LATE. " WHEN WE DO THIS, WE ARE ALREADY PREDICTING A BAD SITUATION AND FAILING TO SEE ANY OTHER POSSIBLE OUTCOME. IF YOU FIND YOURSELF SAYING "WHAT IF, " CATCH YOUR THOUGHT AND THINK OF A POSITIVE "WHAT IF" SITUATION.

NEGATIVE WHAT IF?.....

POSITIVE WHAT IF?.....

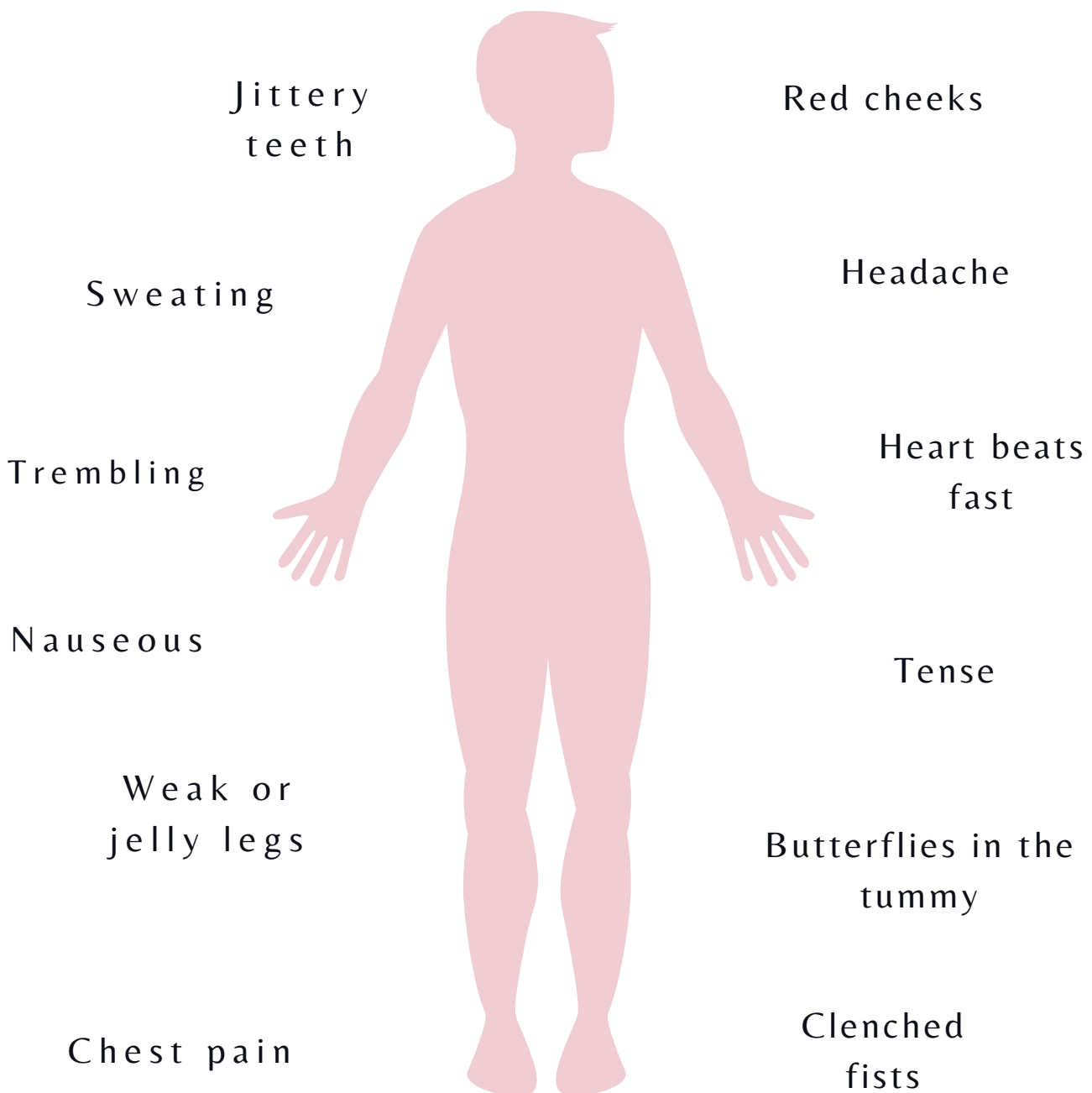
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IDENTIFYING PHYSICAL SYMPTOMS

Everybody's body will physically respond to anxiety in many different ways.
But some common physical symptoms are shown below.

Close your eyes. Take a deep breath through your nose and out through your mouth. Starting with the top of your head, become aware of how your body feels. Slowly move down your body, noticing how each body part feels, down to your toes. Could you note any areas of discomfort on the body below?



HOW ARE YOU FEELING?



10 ----

Highest level of distress possible.
Feel out of control.



9 ----

Extremely distressed and anxious.



8 ----

Very distressed, physiological symptoms are present.



7 ----

Quite distressed and anxious, interfering with functioning.



6 ----

Moderate to strong distress and anxiety.



5 ----

Moderate distress, feeling uncomfortable.



4 ----

Mild to moderate distress and anxiety.



3 ----

Mild distress and anxiety, but still able to function.



2 ----

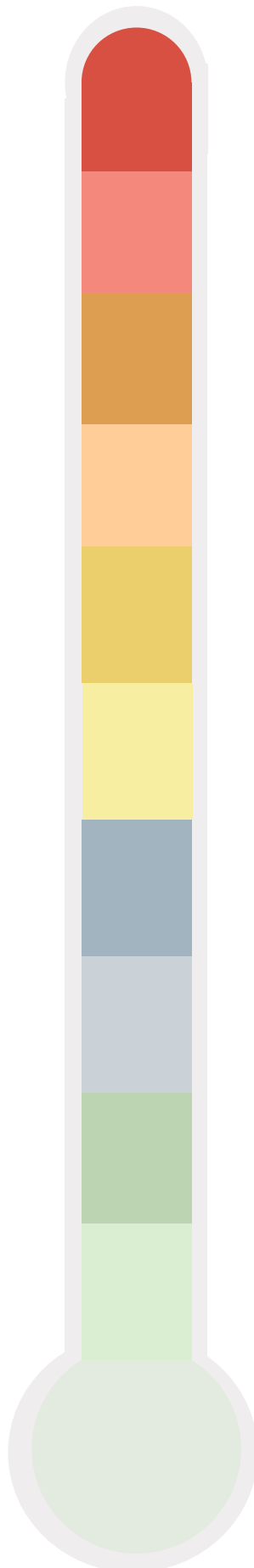
Minimal distress and anxiety.



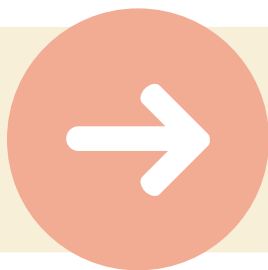
1 ----

Alert and focused.

No distress, feeling at peace.



Negative



Positive

My negative thought: _____

Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more realistic one?

5-4-3-2-1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

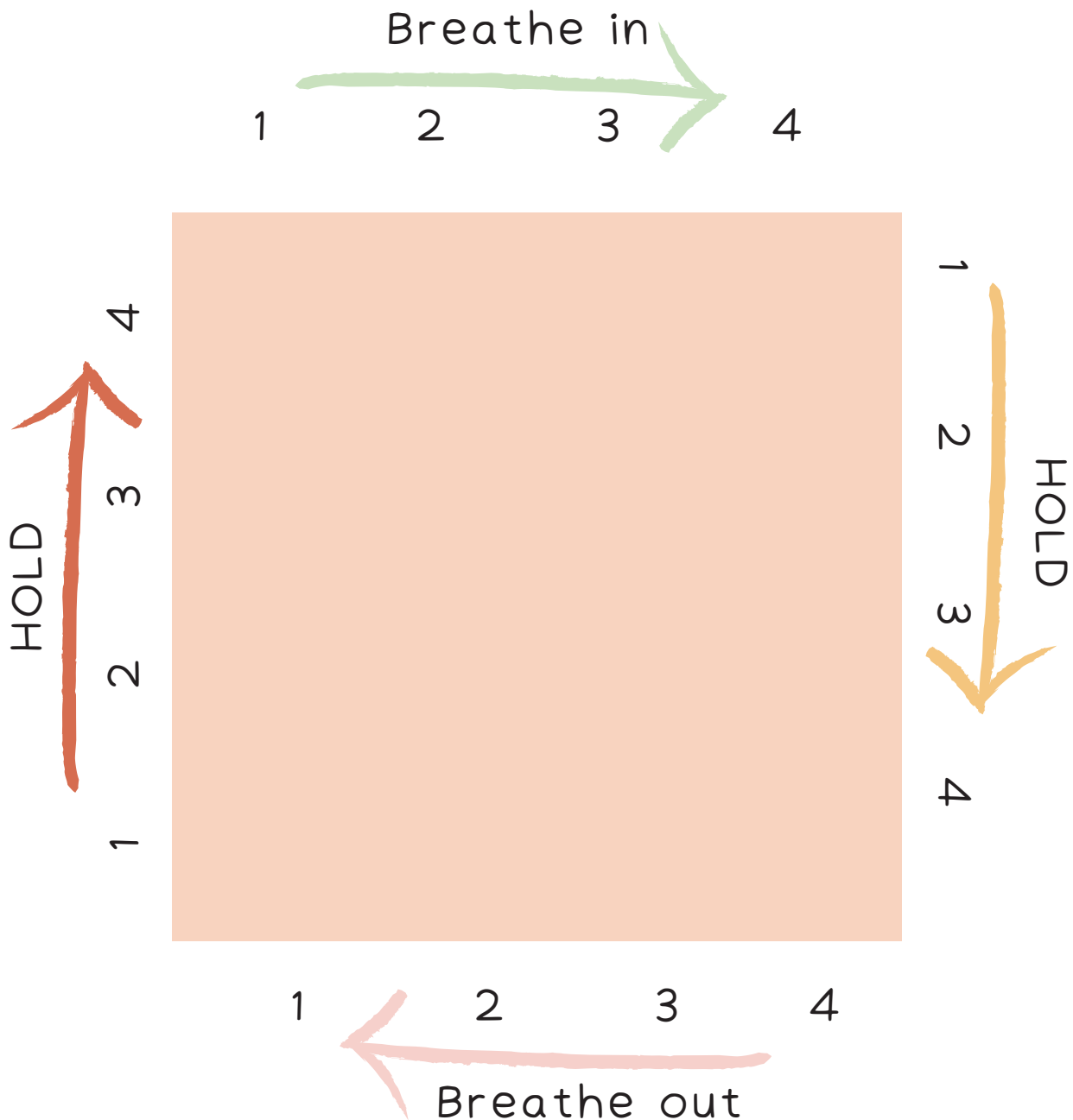
1 thing you can taste



































BREATHING EXERCISE

BOX BREATHING

USING THE BREATH
TO FOCUS THE MIND



COPING SKILLS CHECKLIST

- | | | | |
|---|--|---|--------------------------------------|
|  | EAT 3 HEALTHY MEALS |  | HAVE A SOCIAL MEDIA DETOX |
|  | 7+ HOURS OF SLEEP |  | ASK FOR A HUG |
|  | DRINK FRESH WATER |  | SPEND TIME WITH FAMILY |
|  | GET FRESH AIR |  | DO A HOBBY |
|  | PRACTICE MINDFULNESS |  | WRITE IN YOUR JOURNAL |
|  | WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR |  | SAY 5 THINGS YOU LOVE ABOUT YOURSELF |
|  | BRUSH YOUR TEETH |  | DO SOME EXERCISE |
|  | HAVE A WARM SHOWER |  | WASH YOUR HAIR |
|  | MAKE YOUR BED |  | HAVE A CUPPA |
|  | READ A BOOK |  | DO NOTHING- ENJOY THE PEACE |
|  | LISTEN TO MUSIC |  | TRY SOMETHING NEW |
|  | SPEND TIME WITH FRIENDS |  | DO SOME COLORING IN |
|  | DECLUTTER A SMALL SPACE |  | MAKE YOUR FAVORITE FOOD |
|  | _____ |  | _____ |
|  | _____ |  | _____ |
|  | _____ |  | _____ |
|  | _____ |  | _____ |
|  | _____ |  | _____ |
|  | _____ |  | _____ |

MY COPING SKILLS TRACKER - DIARY

Record the coping strategies that work best in different situations; you might start to see a pattern.

When you identify coping skills that work, you can brainstorm more strategies you could implement.

WHAT HAPPENED	BEHAVIOUR	COPING STRATEGY USED	RESULT

Safety Plan

When I'm feeling



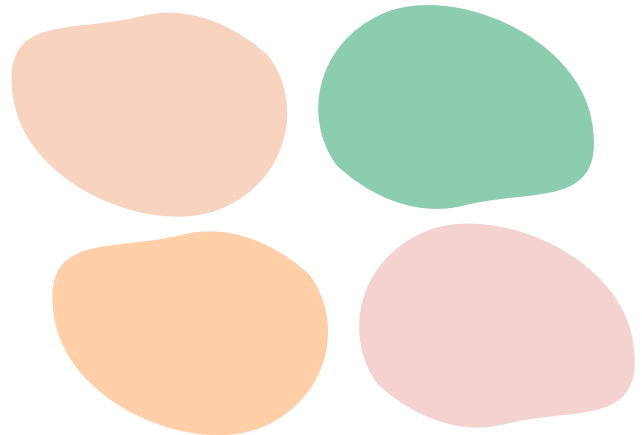
My body feels like

Warning signs that a crisis might be developing

Coping skills I can use

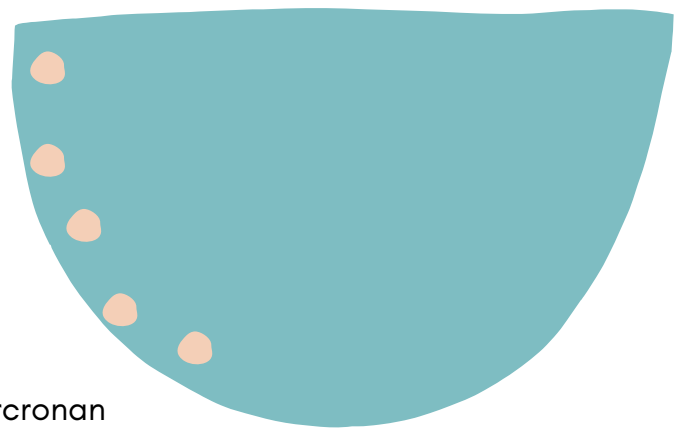


People I can call



Professional agencies I
can call

Something or someone worth
living for are..



Problem Solving DISCOVERY



Helping me make sense of a current difficulty

Presenting Problem: *The feelings, thoughts and behaviors that are causing me concern:*

Blank space for writing the presenting problem.

Predisposing Factors:
Factors that predisposed me or made me vulnerable to the problem:

Blank space for writing predisposing factors.

Precipitating Factors:
Current triggers that contribute to the problem:

Blank space for writing precipitating factors.

Perpetuating Factors: *Things that are keeping the problem going:*

Blank space for writing perpetuating factors.

Protective Factors: *The good things in my life that are a source of strength:*

Blank space for writing protective factors.

Problem Solving **DISCOVERY**



THE THOUGHT *What is my worry or thought?*

Blank space for writing the thought or worry.



THE DEFENCE

What evidence (facts) do I have that my thought is true?

Blank space for writing evidence supporting the thought.



THE PROSECUTION

What evidence do I have that my thought is not true?

Blank space for writing evidence contradicting the thought.

THE JUDGE'S VERDICT



When I examine all of the evidence, based on the facts. Can I decide whether my thought or worry is likely to come true or unlikely?

Blank space for writing the final verdict.

WHAT IS THE CIRCLE OF CONTROL?

There are many parts of life we have no control over, and sometimes having no control can increase our stress or worries.

The circle of control is a concept that involves identifying things that are in our control and certain things that are not in our control. For example, the weather is out of our control.

To cope well with worries and stress, reflecting on where our fears sit within our circles of control is often helpful.

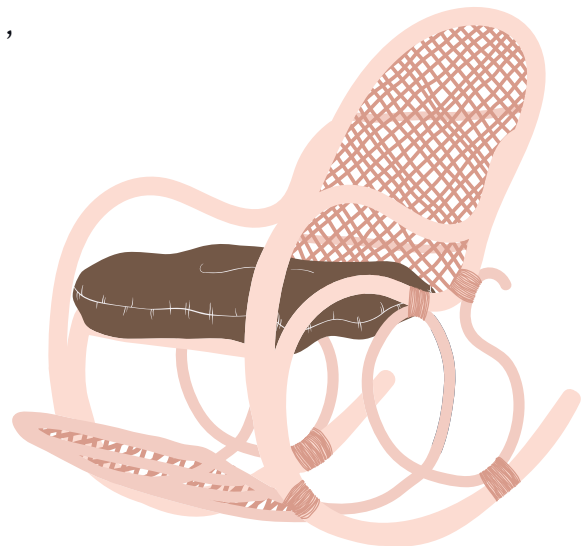
Referring to the circles of control is helpful as it allows us to take action on the things we can control and not stay focused or waste time and energy on the things that are outside our control.

"Worrying about something outside your control is like sitting on a rocking chair.... It gives you something to do but doesn't get you anywhere."

Using this strategy of thinking is a helpful coping tool when you or someone else is struggling to process their emotions or if they feel too overwhelmed.

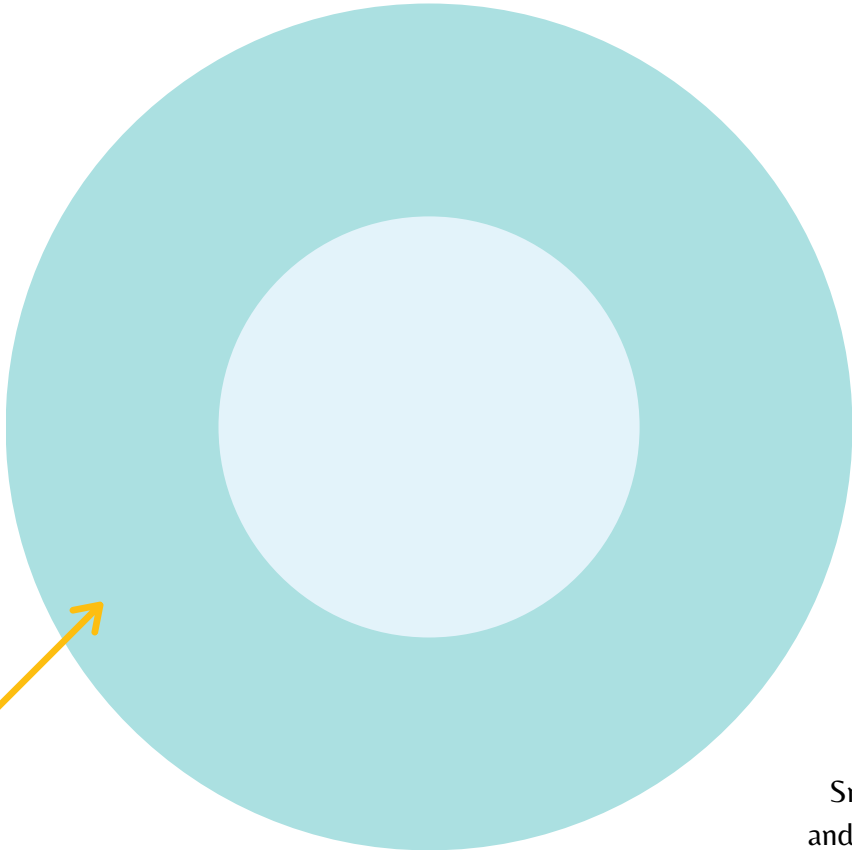
Sometimes when we break down our worries and visualize them with the tools in this book, we can see that some worries everybody has,

Some worries belong to other people, some concerns are small and are not worth thinking about, and some concerns are completely out of our control, so worrying about them won't change anything, except that they will make us feel worse.



CIRCLE OF CONCERN

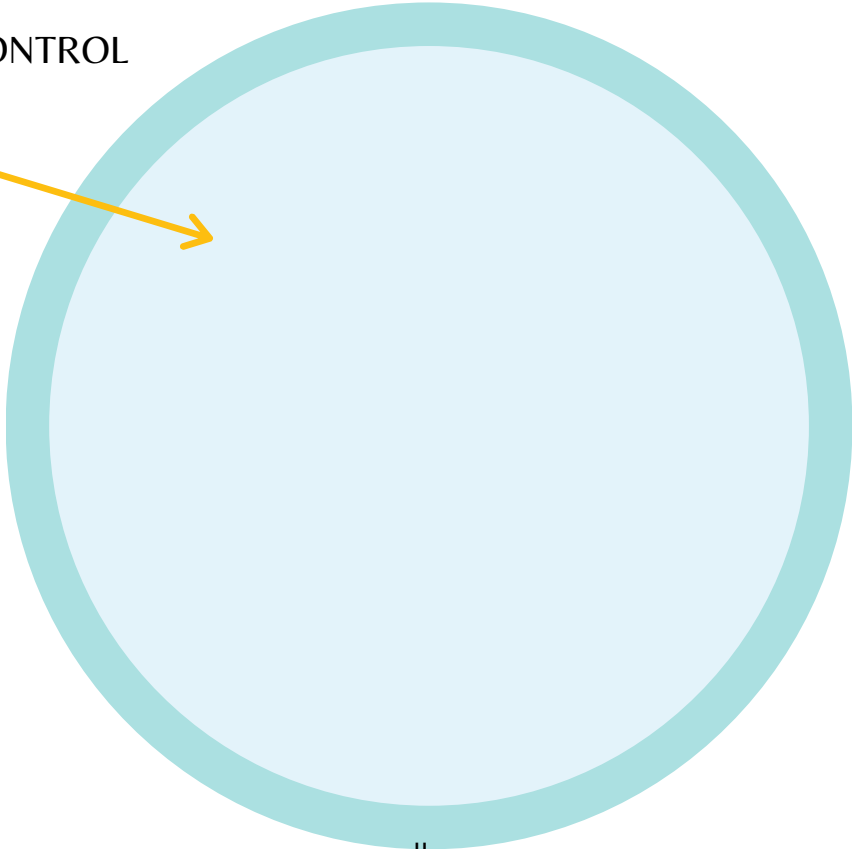
How reactive people act.
Large circle of concern
and small circle of
control. A lot of time
and energy is wasted
reacting to issues they
can't control.



CIRCLE OF CONCERN

CIRCLE OF CONTROL

How proactive
people act.
Small circle of concern
and large circle of control.
A lot of time and energy is
focused on issues that are
in their control.



I CAN'T CONTROL MY PAST MISTAKES

BUT I CAN CONTROL MY FUTURE,
BY....

ADMITTING TO MY MISTAKES

APOLOGIZING

FORGIVING OTHERS

TRYING AGAIN

MAKING A FRESH START

REFLECTION QUESTIONS

I have learnt that some worries are in and out of my control. Can I change things that are out of my control?

Will worrying about something change the outcome?

Is there any point in worrying about something that is out of my control?

Instead of worrying about something that is out of my control, what is something that I could do instead?

When a worry is in my control, what can I do to help it go away?

Things I can NOT control

- So I can let Go of these things



Things I can control

- So I will focus on these things



Things I can NOT control

- So I can let Go of these things



The past

What other people think

What other people believe

Things I can control

- So I will focus on these things

Other people's actions

The weather



What other's post online

Who I spend time with

My goals

Death

My Boundaries

What I post online

My thoughts

My values and beliefs

What I say

How i spend my spare time

My age

What I say about other people

My actions

How people react to my boundaries

My honesty

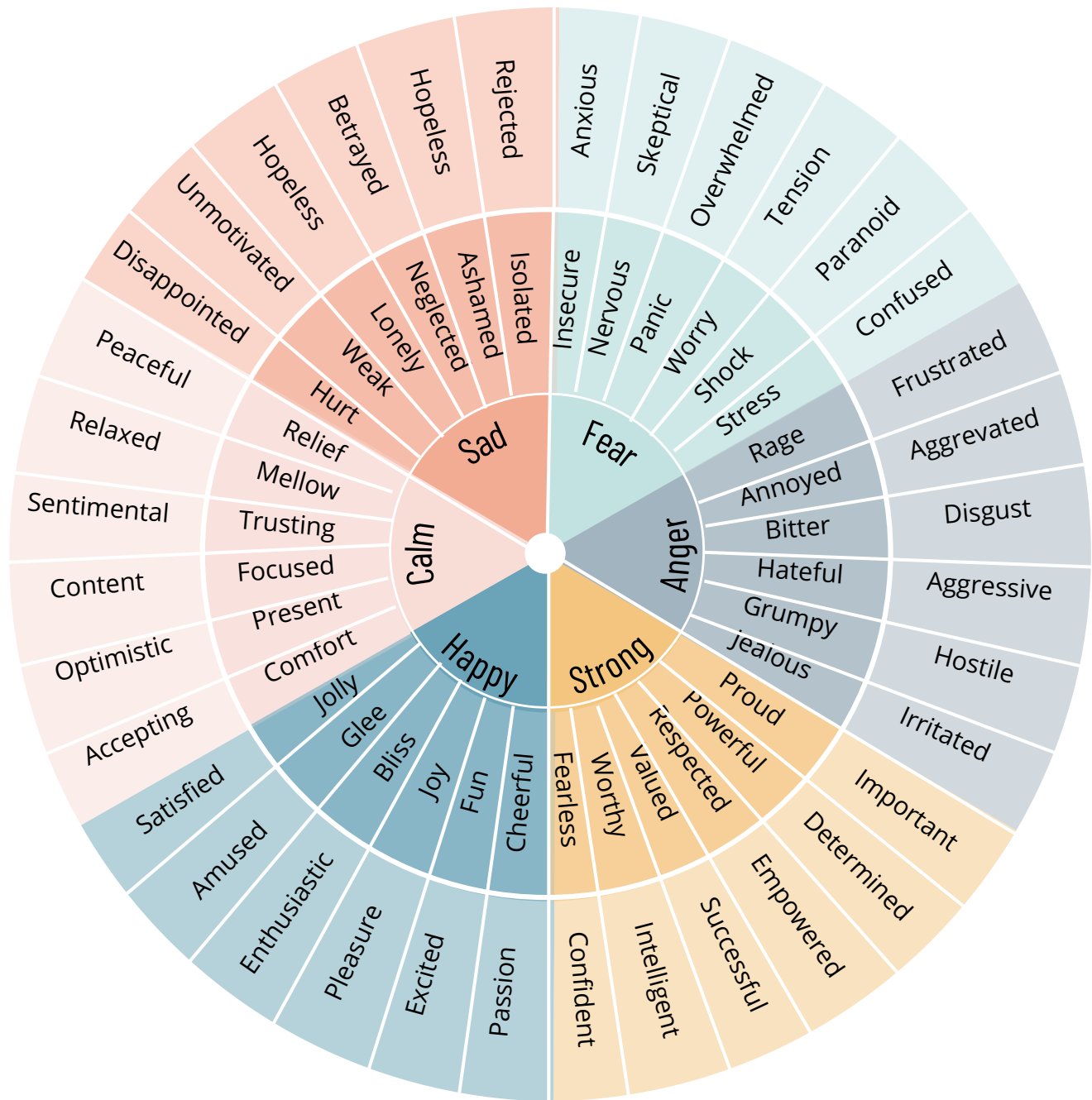
Predicting what will happen

Other people's opinions

The future

The results of a sports match

Feelings Wheel



List of Emotions

Ambitious	Hurt	Shocked	Grateful
Amazed	Inadequate	Silly	Agitated
Angry	Insecure	Stupid	Fed up
Annoyed	Inspired	Suspicious	Mad
Anxious	Irritated	Tense	Outraged
Ashamed	Jealous	Stressed	Focused
Bitter	Joy	Terrified	Alarmed
Bored	Lonely	Trapped	Fearful
Comfortable	Lost	Uncomfortable	Offended
Confused	Loving	Worried	Cool
Content	Miserable	Worthless	Ecstatic
Determined	Motivated	Uncertain	Surprised
Disgusted	Nervous	Upset	Horrorified
Eager	Overwhelmed	Doubtful	Raging
Embarrassed	Peaceful	Hesitant	Delighted
Energetic	Proud	Desperate	Refreshed
Envious	Relieved	Crushed	Defensive
Excited	Resentful	Hateful	Proud
Foolish	Sad	Empowered	Enraged
Frustrated	Satisfied	Confident	Bitter
Furious	Scared	Delighted	Grouchy
Grieving	Self-conscious	Glad	Fuming
Hopeful	Gracious	Pleased	Cranky

COGNITIVE DISTORTIONS

Mental Filter

Only paying attention to some types of evidence.
Focusing on your failures while avoiding seeing your success.

Catastrophizing

Only seeing the worst possible outcome of an event or situation. As a result, worries become escalate and thoughts become exaggerated.

Jumping to conclusions

Assuming that you know what other people are thinking.
Predicting the future.

Overgeneralizing

The process of concluding that just because something happened to you once before, it will occur over and over again. It is negative thinking based on only 1 or 2 experiences.

Emotional Reasoning

Believing that just because you feel a certain way then justifying that your thoughts must then be true.

Black and White

Seeing things as either good or bad, right or wrong, or all or nothing. It fails to see the whole picture, and by only seeing black or white, you ignore the middle ground, possibly the more reasonable ground.

Labelling

Putting labels on yourself and others.
- "I'm unloveable"
- "They are an idiot"

Should Statements

Believing that things should be a certain way. Using 'should,' 'must,' or 'ought' statements directed at yourself. This thinking results in feelings of guilt, shame, and self-loathing.

Blaming

Placing the blame on other people instead of owning up to your mistakes or sharing the responsibility. Taking on the victim mentality.

Personalization

Taking things personally and thinking that what other people do results from your actions. You may blame yourself for things that were totally out of your control.



Check In

BREATHE

Take 5 deep breaths in and centre yourself.

FEEL

Check in with your body and mind.
How are you feeling today?

THANK

Name 3 things you are grateful for?

AFFIRM

Take a moment to say 5 nice things that you like about yourself.

NEED

What do you need in order to make yourself feel better?

GROWTH MINDSET

Change your mindset - change your life

FIXED

I DON'T THINK
I CAN DO IT

I DON'T KNOW
HOW TO DO IT

I DON'T LIKE
CHALLENGES

THIS IS TOO
HARD

I'M NOT SMART
ENOUGH

I ALWAYS MAKE
MISTAKES

FLEXIBLE

I'LL KEEP
TRYING

I'LL FIGURE OUT
A DIFFERENT
WAY

CHALLENGES
HELP ME GROW

IF I KEEP
PRACTICING, IT
WILL GET EASIER

I'LL GIVE IT MY
BEST EFFORT

I CAN LEARN
FROM MY
MISTAKES

