

# CALMING OUT LOUD

Thoughts are just thoughts – they are not threats. They seem scary, but they are just thoughts.

Just because you think something, doesn't mean it's true.

Everyone is BRAVE. Turn your Worry Bully into a brave thought ... “What if I make a mistake” to “I may make a mistake and I'll be ok”

Make up a name for your Worry and when it appears, tell it “What?!?!, I'm not listening to this junk mail!

If you are having a worry thought, make it into a silly song to take the power away from the worry.

Remember... thoughts are creations of your imagination and creativity. They can trick us. Don't believe everything we think.

Be prepared for Mr. Worry to show up during the test. Anxiety or nervousness can happen when we are doing something this is important to us. Our worry thoughts are exaggerations! Tell Worry “Hello” and see it as Spam or junk mail.

The feeling of anxiety is uncomfortable, but it is not dangerous. The feeling will pass.

If your thought isn't helpful and is making you feel badly, it's not a thought to pay attention to. You can change your focus.

If you are thinking thoughts that give you a bad feeling, this is anxiety. The feeling is uncomfortable not dangerous. Take a few deep calming breaths. Give it time and your body will calm itself on it's own.

When Worry tells you to worry, tell it “Not today, I'll sit this one out, I'm not taking the bait”.

I'm noticing that I having the thoughts that..... Separate the thought from YOU. This is a thought, not a fact.

Don't fall into the trap that thinking something is true just because it feels that way. Feelings are not facts.

Trying to NOT think about something will actually cause you to think about it more.

Worry thoughts make us think that the worst case scenario we are thinking really will happen. Don't trust worry thoughts.

Change What If Thoughts to What IS. Think of what is happening in the present not in the future.

Use the TOM Strategy: T (thought) O (opposite of the thought) M (what is in the Middle)

T – I'll fail this test

O – I'll pass every test with 100%

M – There will be tests I'll pass and some that I won't do as well as I'd like to. It's ok because that is how learning happens.

The Worry Bully tries to get you to look for worries and problems. Turn the worry into a problem and solve the problem and then Let The Worry Go!!!! No need to keep thinking about it anymore.

FEAR means False Expectations Appearing Real