# MANAGE YOUR WORRIES WORKBOOK FOR KIDS

Worksheets to help you explore, understand and manage your worries

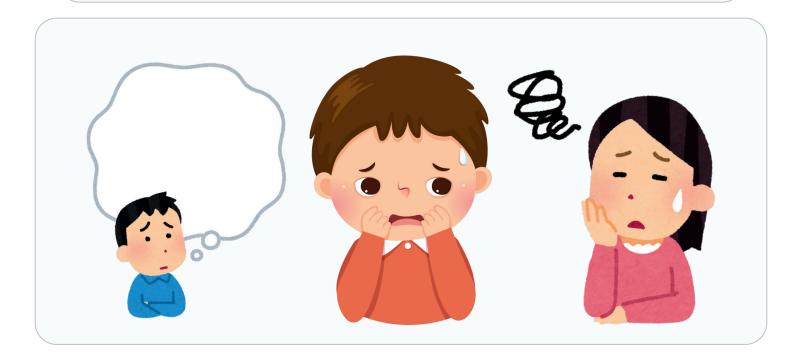


# WHAT IS WORRY?

Worry is a normal feeling that everyone experiences from time to time. It happens when we think about a problem or something that might happen in the future. When we worry, it can make us feel uneasy and cause uncomfortable sensations like butterflies in our stomachs or shaky knees.

Many worries start with "What if?" For example, "What if mom forgets to pick me up?" or "What if I have to get a shot at the doctor's office?"

Everyone has worries; however, if you find yourself worrying more often or can't stop thinking about your concerns and it's making you feel upset, then it's time to tackle your worries. This workbook will help you manage your worries so they don't bother you anymore.



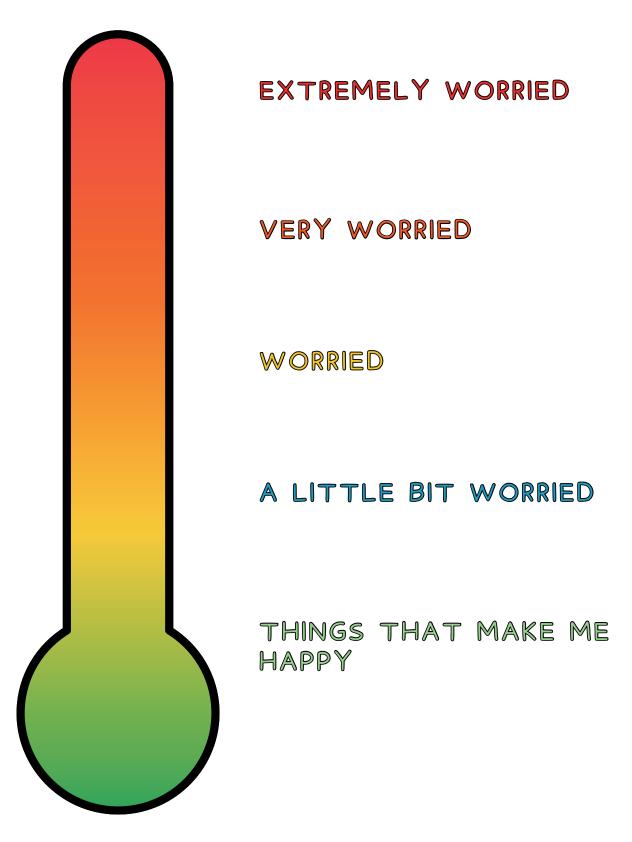
#### PHYSICAL SYMPTOMS OF WORRY

If you have anxiety, you might frequently feel worried, nervous, or afraid about ordinary events. These feelings can be upsetting and difficult to manage. They can also make daily functioning a challenge.

Anxiety can also cause physical symptoms. Think about a time when you felt nervous. Maybe your hands were sweaty or your legs were shaky. Your heart rate might have sped up. You could have felt sick to your stomach. But some common physical symptoms are shown below.



# CAN YOU RATE YOUR WORRIES ON THIS SCALE?



#### WHEN WORRIES ARE GOOD

Believe it or not, experiencing worry is a natural human reaction, and it can even have its advantages. For example, feeling anxious before a math exam might encourage you to study more diligently, while nerves before a sports event or dance performance can enhance your performance. Think back to a moment when a touch of worry actually worked in your favor. You can express your thoughts through writing or create a drawing to depict your experience.

SCHOOL	AT HOME
PERFORMANCE	OTHER

# ARE YOU GROWING YOUR WORRIES?



It is important to take charge of your worries right from the start; otherwise, you risk developing unhealthy habits that amplify your fears and make them worse. Over time, nurturing your worries can inflate them to the point where they evolve into anxiety, anxiety disorders, or even panic attacks.

Consider the process of nurturing a plant. It all begins with a small seed planted in nutrient-rich soil. You then dedicate time to water it daily and ensure it receives ample sunlight. As time goes on, you closely monitor its growth, making sure it flourishes. Eventually, you may need to remove pests and treat it with special care.

One day, you might realize that the little seed has transformed into a large, unruly plant. You might wonder, "How did it become so big?" However, if you hadn't given it your attention and care, it would never have grown to such an extent.

# SCHEDULE WORRY TIME



Designate a specific time each day to focus on your hypothetical worries. Make sure this time is protected solely for worrying, without any distractions. Many people find that 20 minutes is sufficient, but as you begin, you'll determine the ideal duration for your Worry Time. Scheduling this time can prevent these worries from interfering with your daily activities, allowing you to regain control. Once you've chosen an appropriate time, be sure to note it in your Worry Time worksheet.

#### Top tips for scheduling Worry Time

- Let others Know not to disturb you
- Turn your phone off, or if needed, ask others to get the phone if it rings
- Find somewhere quiet and free from other distractions
- Don't schedule 'Worry Time' too close to your bed time
- Plan your 'Worry Time' for the week in advance

#### SCHEDULE WORRY TIME

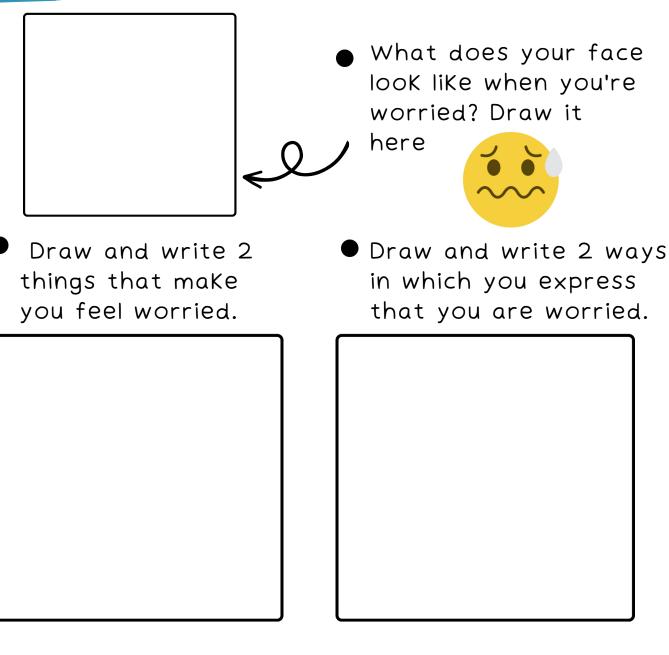


WORRY TIME:			
MY SCHEDULED WORRY TIME IS:			
MY HYPOTHETICAL WORRIES			
•••••			
•••••			



# WHAT DOES WORRY FEEL LIKE?

WORRY LOOKS AND FEELS DIFFERENT FOR EVERYONE.



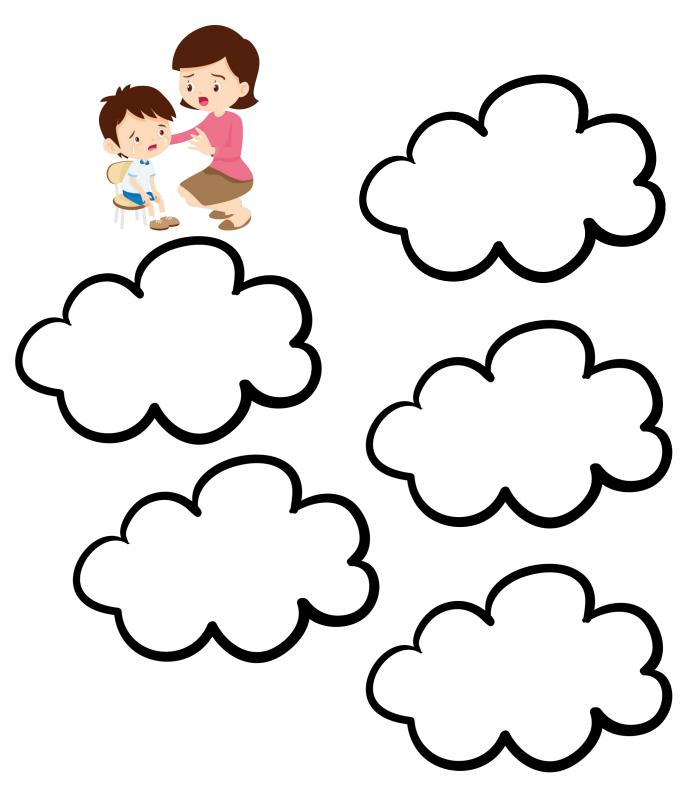
## MY FOUR TOP WORRIES

Write down your four



#### HELP IS AVAILABLE

When you're feeling anxious about something, reaching out to someone can be beneficial. Fill the clouds with the individuals you can confide in regarding your concerns. These may include your parents, a trusted friend or family member, and even teachers who can provide assistance.



## MY WORRY BOARD

Think of one worry and ans	wer the questions.
My worry is	
Circle how often you get worried.  • Every day • Every week • Every month	Draw or write the things that you can do which may help you to stop your worried thoughts.
What words can you think of to describe your worry?	

### STRATEGIES I CAN USE TO MAKE MYSELF FEEL BETTER

The next time you are feeling worried about something, try some of these activities to see if they can help to take your mind of your worries.

**DRINK WATER** 



STAR JUMPS



**YOGA** 



WRITE OR DRAW YOUR WORRIES

**TALK TO SOMEONE** 



**SPEND TIME** 



**IN NATURE** 



LISTEN TO

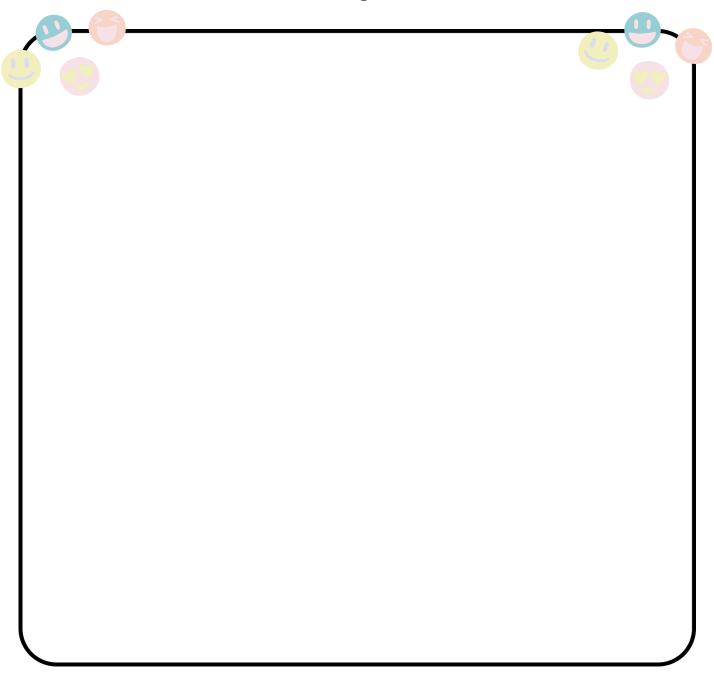


**HUG A TEDDY** 



# STRATEGIES I CAN USE TO MAKE MYSELF FEEL BETTER

Use this page to write down or draw other activities that can support you when you're feeling anxious, such as engaging in your favorite hobby or playing with your beloved toy.



#### MY WORRY TRACKER

The next time you find yourself feeling anxious, try using this worry tracker to pinpoint your concerns. It will help you recognize how your worries affect your emotions and the strategies you employed to feel better.

TIME / DATE

**MY WORRY** 

**PLACE** 

STRATEGY I USED TO MAKE ME FEEL BETTER

HOW MY BODY FELT

# WORRY JAR



Place all your worries from today into the jar.



#### WORRY PREP

Be ready when entering a situation that may cause you anxiety. Utilize this worksheet to identify strategies you can implement both beforehand and during the event to assist you in managing your feelings.

WHAT IS THE SITUATION?	WHAT MIGHT MAKE ME FEEL ANXIOUS?
WHAT THINGS CAN I SAY OR DO IN ADVANCE TO PREPARE FOR THIS SITUATION?	HOW HAVE I HANDLED IT BEFORE
	+
	/
HOW WILL I KNOW THAT I'M GETTING ANXIOUS?	COPING SKILLS I CAN USE IF I START TO FEEL ANXIOUS?

## DEALING WITH WORRY

l am worried about		
What can I do about it? —		
l am worried about		
What can I do about it?		
l am worried about		
What can I do about it?		

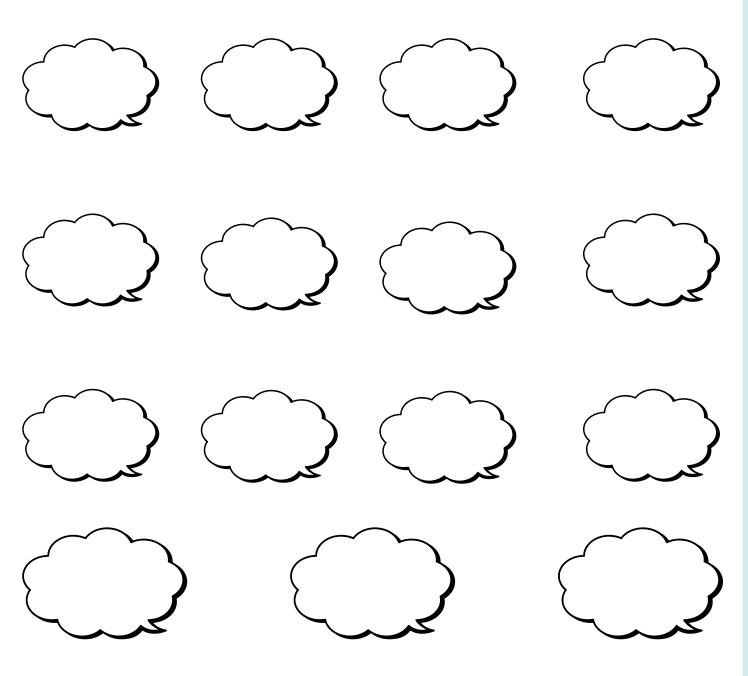
## THOUGHT RE-FRAMING

My Overgeneralizations

Is this really true? What is the evidence?	How would someone else view this thought?	
Reframed Pos	itive Thought	
Overgeneralized Thought		
ls this really true? What is the evidence?	How would someone else view this thought?	
Reframed Positive Thought		

#### TALKING BACK TO MY WORRIES

At times, your anxieties can lead you to believe untruths about yourself. These worries might exaggerate the importance of your concerns or cause you to fret over falsehoods. Consider ways to counter your worries with positive affirmations.



# NOTES