

# Taking control of my worries



We all have times when we feel anxious or worried. If you feel anxious or worried a lot of the time, or if it stops you from joining in or enjoying activities at home, school or in the community, this activity might help you.

## You will think about:

1. How your body, thoughts, emotions or actions tell you when you're feeling worried or starting to feel worried.
2. What makes you feel worried or makes you feel worse.
3. How to take action to manage your worries or anxiety.

*You could talk about this activity with teachers, family or others so they know how to support you.*

## My name is:

## When I am feeling anxious, it looks like:

### Body language

Tense, no eye contact, tears, shrinking into myself

### Physical symptoms

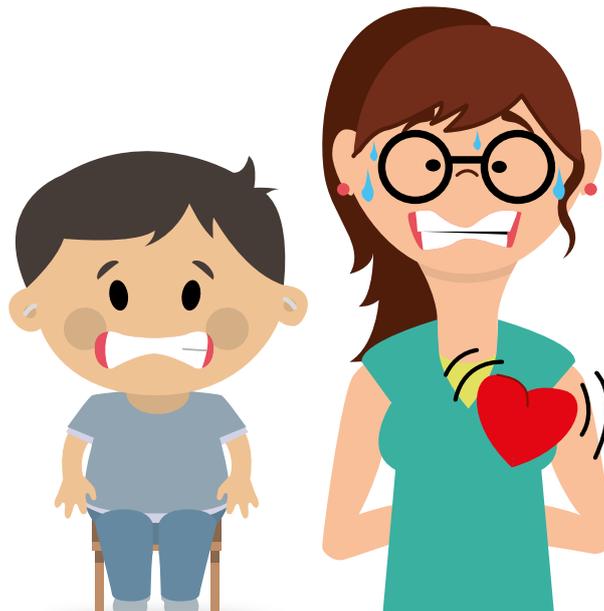
Feeling unwell, sweaty hands, hot face, fast heartbeat, trouble breathing, sweaty, trembling, dizzy

### Emotions

Angry/frustrated, scared/panicked, crying, teary/sad, embarrassed

### Disruptions to daily life

Difficulty sleeping, tired, skip meals/not hungry, headaches/stomachaches



### Behaviour

Refuse to do what I'm worried about, make lots of plans, do what everyone else wants when I don't want to, acting up / breaking rules, avoid doing what I'm worried about, stay quiet, act shy/embarrassed around others, irritable, can't relax/restless, refuse to go to school, meltdowns, cling to family, don't talk/play with others

### Schoolwork

Thoughts racing, hard to concentrate, check tasks with teacher lots, negative thoughts, restarting or not finishing work, putting off starting work

### Other

(describe other indicators you have noticed)

*Highlight what happens when you **first** feel anxious in one colour.*

*Highlight with a different colour what it looks like when it is **getting hard** for you to cope.*

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Think about the strengths and strategies you already have that help you calm down, laugh, or feel grounded and connected.

Write down or draw three things that help when you first start to feel worried/anxious:

Write down or draw three things that help when it is getting hard for you to cope:

Write down or draw three things that make you worried, or make it harder for you to manage your worries: