

Taking control of my anxious thoughts and feelings

We all have times when we feel anxious or worried. If you feel anxious, fearful 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 shoulders, closed body language, no eye contact, tearfulness

Physical symptoms

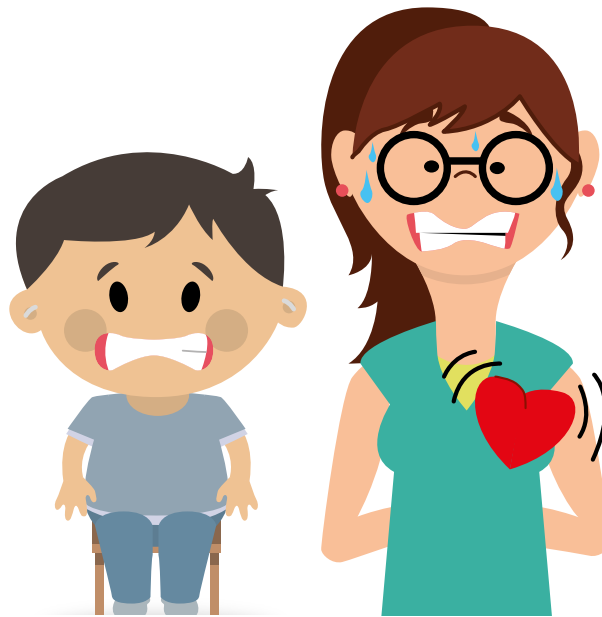
Feeling unwell, sweaty hands, flushed/hot face, racing heart, trouble breathing, sweaty, trembling, dizziness

Emotions

Angry/frustrated, panicked, crying/teary, depressed, mood swings, hyperactive/overexcited, self-conscious/embarrassed

Disruptions to daily life

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



Behaviour

Avoidance/refusal of things I'm worried about, overplanning, avoid compromise or new approach, overly compliant, acting out/defiance, little/no communication, self-conscious, irritable, restless, extreme shyness, refuse to go to school, meltdowns, withdraw from others

Schoolwork

Thoughts racing, lack of concentration, checking instructions/tasks with others frequently, negative thinking, restarting or failing to complete work, procrastination

Other

(describe other indicators you have noticed)

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

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

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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, fearful or make it harder for you to manage your anxious thoughts and feelings: